



*Betty's Custom Designs*

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OCTOBER BULLET  
JOURNAL KIT



Habit Tracker

October

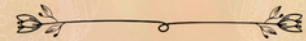
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Monthly Overview

October

2022

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





*Monthly goals*

*Special events & dates*

*Bills to pay*

*This month was*

## Monthly Expenses

<p><b>Income:</b></p>	<p><b>Housing</b></p> <p>Rent/Mortgage: Insurance: Taxes:</p>	<p><b>Transportation</b></p> <p>Car payment: Insurance: Gas: Public transportation:</p>	<p><b>Debt:</b></p>
<p><b>Utilities</b></p> <p>Electricity: Gas: Heating oil: Water: TV/Cable: Phone: Internet:</p>	<p><b>Food</b></p> <p>Grocery:      Eating out:</p> <p>.....</p> <p>.....</p>	<p><b>Medical</b></p> <p>Bills: Medication:</p>	<p><b>Personal</b></p> <p>Entertainment: Hobby: Selfcare:</p>
<p><b>Shopping</b></p> <p>Clothing:  Online Shopping:  Necessity:</p>		<p><b>Savings</b></p>	
<p><b>Trips</b></p>			
<p><b>Total expenses:</b></p>			





# One line a day

I am grateful for...

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# Meal-planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weekly Tot							
	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Notes							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weekly Tot							
	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Notes							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weekly Tot							
	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Notes							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weekly Tot							
	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Notes							





## Daily Overview

4:00 am	<i>Highlights</i>
5:00 am	
6:00 am	
7:00 am	
8:00 am	
9:00 am	
10:00 am	
11:00 am	
12:00 pm	
1:00 pm	
2:00 pm	
3:00 pm	
4:00 pm	<i>Notes</i>
5:00 pm	
6:00 pm	
7:00 pm	
8:00 pm	
9:00 pm	
10:00 pm	
11:00 pm	
12:00 am	
1:00 am	
2:00 am	
3:00 am	

## Weekly Overview

<i>W</i> <i>O</i> <i>N</i> <i>D</i> <i>A</i> <i>Y</i>	<i>Future Log</i>
<i>W</i> <i>E</i> <i>D</i> <i>N</i> <i>E</i> <i>S</i> <i>D</i> <i>A</i> <i>Y</i>	
<i>F</i> <i>R</i> <i>I</i> <i>D</i> <i>A</i> <i>Y</i>	
<i>S</i> <i>U</i> <i>N</i> <i>D</i> <i>A</i> <i>Y</i>	
	<i>Notes</i>







*To Do:*

- Blank white box with a brown border
- Green box with a white border
- Yellow box with a white border
- Orange box with a white border
- Red box with a white border

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday



*Collect beautiful moments*

M	T	W	T	F	S	S



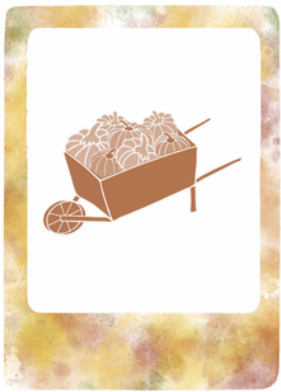
*October Grateful Memories*  
*Best Day Ever:*



*Enjoy each day Live your best life*  
*Take time for yourself*

TRACKER						
M	T	W	T	F	S	S

TRACKER						
M	T	W	T	F	S	S



*Notes*

*Notes*

