

DIGITAL PLANNER

for

2026

2026 CALENDAR

[TOP](#)

JAN

FEB

MAR

APR

MAY



7

AUG

SEP

OCT

VOI

DEC

1 January							2 February							3 March							4 April							5 May							6 June							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S								
			1	2	3	4							1							1			1	2	3	4	5				1	2	3		1	2	3	4	5	6	7	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			25	26	27	28	29	30	31	29	30							
														30 31																												
7 July							8 August							9 September							10 October							11 November							12 December							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
		1	2	3	4	5						1	2		1	2	3	4	5	6				1	2	3	4							1		1	2	3	4	5	6	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				
							31																					30														

YEAR SCHEDULE 2026

	1 January	2 February	3 March	4 April	5 May	6 June	7 July	8 August	9 September	10 October	11 November	12 December	
1													1
2													2
3													3
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28													28
29													29
30													30
31													31

(2026年のビジョン)

DEC

WISH LIST 2026

(やりたいこと・欲しいもののリスト)

1	26	51	76	TOP
2	27	52	77	JAN
3	28	53	78	FEB
4	29	54	79	MAR
5	30	55	80	APR
6	31	56	81	MAY
7	32	57	82	JUN
8	33	58	83	JUL
9	34	59	84	AUG
10	35	60	85	SEP
11	36	61	86	OCT
12	37	62	87	NOV
13	38	63	88	DEC
14	39	64	89	
15	40	65	90	
16	41	66	91	
17	42	67	92	
18	43	68	93	
19	44	69	94	
20	45	70	95	
21	46	71	96	
22	47	72	97	
23	48	73	98	
24	49	74	99	
25	50	75	100	

12MONTH PLAN

(月ごとの目標)

1 JANUARY	2 FEBRUARY	3 MARCH
4 APRIL	5 MAY	6 JUNE
7 JULY	8 AUGUST	9 SEPTEMBER
10 OCTOBER	11 NOVEMBER	12 DECEMBER

LIFE TIMELINE

(5年間の理想年表)

	2026	2027	2028	2029	2030
Profile					
Career					
Private					

1 JANUARY

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1/53 week	29	30	31	1 元日	2	3	4
2/53 week	5	6	7	8	9	10	11
3/53 week	12 成人の日	13	14	15	16	17	18
4/53 week	19	20	21	22	23	24	25
5/53 week	26	27	28	29	30	31	1

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など										PLACES & EVENTS 行った場所・イベント									
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち										GRATITUDE 感謝リスト									
ACHIEVEMENTS できたこと							LESSONS 学んだこと										NEXT STEPS 次月にむけて									

Habit tracker	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 LOG

(今月の記録)

(今月の記録)

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JAN

FEB

MAR

APR

MAY

JUL

AUG

SEP

OCT

NOV

DEC

12026JANUARY MEMO 1/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊😊
1元日Thu ☹️☹️☹️😊😊😊	2Fri ☹️☹️☹️😊😊😊	3Sat ☹️☹️☹️😊😊😊	4Sun ☹️☹️☹️😊😊😊

12026JANUARY MEMO 2/53 week	5Mon ☹️☹️☹️😊😊	6Tue ☹️☹️☹️😊😊	7Wed ☹️☹️☹️😊😊
8Thu ☹️☹️☹️😊😊	9Fri ☹️☹️☹️😊😊	10Sat ☹️☹️☹️😊😊	11Sun ☹️☹️☹️😊😊

12026JANUARY3/53 week MEMO	12成人の日Mon	13Tue	14Wed
15Thu	16Fri	17Sat	18Sun

12026JANUARY4/53 week MEMO		19Mon☹️☹️☹️😊😊	20Tue☹️☹️☹️😊😊	21Wed☹️☹️☹️😊😊
22Thu☹️☹️☹️😊😊	23Fri☹️☹️☹️😊😊	24Sat☹️☹️☹️😊😊	25Sun☹️☹️☹️😊😊	

12026JANUARY5/53 week MEMO	26Mon☹️☹️☹️😊😊	27Tue☹️☹️☹️😊😊	28Wed☹️☹️☹️😊😊
29Thu☹️☹️☹️😊😊	30Fri☹️☹️☹️😊😊	31Sat☹️☹️☹️😊😊	

2 FEBRUARY

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5/53 week	26	27	28	29	30	31	1
6/53 week	2	3	4	5	6	7	8
7/53 week	9	10	11 建国記念の日	12	13	14	15
8/53 week	16	17	18	19	20	21	22
9/53 week	23 天皇誕生日	24	25	26	27	28	1

TO DO



WANT TO DO



GOOD THINGS



REVIEW



MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など													PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち													GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと													NEXT STEPS 次月にむけて											

Habit tracker	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 LOG

(今月の記録)

(今月の記録)

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JAN

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SEP

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22026FEBRUARY MEMO	5/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

22026FEBRUARY6/53 week MEMO	2Mon☹️☹️😐😊😊		3Tue☹️☹️😐😊😊		4Wed☹️☹️😐😊😊	
5Thu☹️☹️😐😊😊	6Fri☹️☹️😐😊😊		7Sat☹️☹️😐😊😊		8Sun☹️☹️😐😊😊	

22026FEBRUARY7/53 week MEMO		9Mon☹️☹️☹️😊😊	10Tue☹️☹️☹️😊😊	11建国記念の日Wed☹️☹️☹️😊😊
12Thu☹️☹️☹️😊😊	13Fri☹️☹️☹️😊😊	14Sat☹️☹️☹️😊😊	15Sun☹️☹️☹️😊😊	

22026FEBRUARY8/53 week MEMO		16 Mon ☹️☹️☹️😊😊		17 Tue ☹️☹️☹️😊😊		18 Wed ☹️☹️☹️😊😊	
19 Thu ☹️☹️☹️😊😊		20 Fri ☹️☹️☹️😊😊		21 Sat ☹️☹️☹️😊😊		22 Sun ☹️☹️☹️😊😊	

22026FEBRUARY9/53 week MEMO		23天皇誕生日Mon☹️☹️☹️😊😊	24Tue☹️☹️☹️😊😊	25Wed☹️☹️☹️😊😊
26Thu☹️☹️☹️😊😊	27Fri☹️☹️☹️😊😊	28Sat☹️☹️☹️😊😊	☹️☹️☹️☹️😊😊	

3 MARCH

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9/53 week	23	24	25	26	27	28	1
10/53 week	2	3	4	5	6	7	8
11/53 week	9	10	11	12	13	14	15
12/53 week	16	17	18	19	20 春分の日	21	22
13/53 week	23	24	25	26	27	28	29
14/53 week	30	31	1	2	3	4	5

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など										PLACES & EVENTS 行った場所・イベント									
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち										GRATITUDE 感謝リスト									
ACHIEVEMENTS できたこと							LESSONS 学んだこと										NEXT STEPS 次月にむけて									

Habit tracker	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 LOG (今月の記録)

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JAN

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DEC

32026MARCH MEMO	9/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊
☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	1Sun	☹️☹️☹️😊😊

32026MARCH 10/53 week	2Mon ☹️☹️😐😊😊	3Tue ☹️☹️😐😊😊	4Wed ☹️☹️😐😊😊
MEMO			
5Thu ☹️☹️😐😊😊	6Fri ☹️☹️😐😊😊	7Sat ☹️☹️😐😊😊	8Sun ☹️☹️😐😊😊

32026 MARCH 11/53 week	9Mon ☹️☹️☹️😊😊	10Tue ☹️☹️☹️😊😊	11Wed ☹️☹️☹️😊😊
MEMO			
12Thu ☹️☹️☹️😊😊	13Fri ☹️☹️☹️😊😊	14Sat ☹️☹️☹️😊😊	15Sun ☹️☹️☹️😊😊

32026MARCH 12/53 week	16Mon ☹️☹️☹️😊😊	17Tue ☹️☹️☹️😊😊	18Wed ☹️☹️☹️😊😊
MEMO			
19Thu ☹️☹️☹️😊😊	20春分の日Fri ☹️☹️☹️😊😊	21Sat ☹️☹️☹️😊😊	22Sun ☹️☹️☹️😊😊

32026 MARCH 13/53 week MEMO	23Mon ☹️ ☹️ 😐 😊 😄	24Tue ☹️ ☹️ 😐 😊 😄	25Wed ☹️ ☹️ 😐 😊 😄
26Thu ☹️ ☹️ 😐 😊 😄	27Fri ☹️ ☹️ 😐 😊 😄	28Sat ☹️ ☹️ 😐 😊 😄	29Sun ☹️ ☹️ 😐 😊 😄

32026MARCH MEMO		30Mon		31Tue			
14/53 week		☹️☹️☹️😊😊		☹️☹️☹️😊😊		☹️☹️☹️😊😊	
☹️☹️☹️😊😊		☹️☹️☹️😊😊		☹️☹️☹️😊😊		☹️☹️☹️😊😊	

4 APRIL

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14/53 week	30	31	1	2	3	4	5
15/53 week	6	7	8	9	10	11	12
16/53 week	13	14	15	16	17	18	19
17/53 week	20	21	22	23	24	25	26
18/53 week	27	28	29 昭和の日	30	1	2	3

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など										PLACES & EVENTS 行った場所・イベント									
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち										GRATITUDE 感謝リスト									
ACHIEVEMENTS できたこと							LESSONS 学んだこと										NEXT STEPS 次月にむけて									

Habit tracker	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 LOG

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42026 APRIL MEMO		14/53 week ☹️☹️☹️😊😊		☹️☹️☹️😊😊		1Wed ☹️☹️☹️😊😊	
2Thu ☹️☹️☹️😊😊		3Fri ☹️☹️☹️😊😊		4Sat ☹️☹️☹️😊😊		5Sun ☹️☹️☹️😊😊	

42026 APRIL 15/53 week	6Mon ☹️☹️☹️😊😊	7Tue ☹️☹️☹️😊😊	8Wed ☹️☹️☹️😊😊
MEMO			
9Thu ☹️☹️☹️😊😊	10Fri ☹️☹️☹️😊😊	11Sat ☹️☹️☹️😊😊	12Sun ☹️☹️☹️😊😊

42026 APRIL 16/53 week	13Mon ☹️☹️☹️😊😊	14Tue ☹️☹️☹️😊😊	15Wed ☹️☹️☹️😊😊
MEMO			
16Thu ☹️☹️☹️😊😊	17Fri ☹️☹️☹️😊😊	18Sat ☹️☹️☹️😊😊	19Sun ☹️☹️☹️😊😊

42026 APRIL 17/53 week	20Mon ☹️☹️☹️😊😊	21Tue ☹️☹️☹️😊😊	22Wed ☹️☹️☹️😊😊
MEMO			
23Thu ☹️☹️☹️😊😊	24Fri ☹️☹️☹️😊😊	25Sat ☹️☹️☹️😊😊	26Sun ☹️☹️☹️😊😊

42026 APRIL MEMO 18/53 week	27Mon ☹️☹️☹️😊😊	28Tue ☹️☹️☹️😊😊	29昭和の日 Wed ☹️☹️☹️😊😊
30Thu ☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

5 MAY

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
18/53 week	27	28	29	30	1	2	3 憲法記念日
19/53 week	4 みどりの日	5 こどもの日	6 振替休日	7	8	9	10
20/53 week	11	12	13	14	15	16	17
21/53 week	18	19	20	21	22	23	24
22/53 week	25	26	27	28	29	30	31

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など													PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち													GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと													NEXT STEPS 次月にむけて											

Habit tracker	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

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52026MAY 18/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊
MEMO			
☹️☹️☹️😊😊	1Fri ☹️☹️☹️😊😊	2Sat ☹️☹️☹️😊😊	3憲法記念日Sun ☹️☹️☹️😊😊

52026MAY MEMO 19/53 week	4みどりの日Mon ☹ ☹ ☹ 😊 😄	5こどもの日Tue ☹ ☹ ☹ 😊 😄	6振替休日Wed ☹ ☹ ☹ 😊 😄
7Thu ☹ ☹ ☹ 😊 😄	8Fri ☹ ☹ ☹ 😊 😄	9Sat ☹ ☹ ☹ 😊 😄	10Sun ☹ ☹ ☹ 😊 😄

52026MAY20/53 week MEMO	11Mon ☹️☹️☹️😊😊	12Tue ☹️☹️☹️😊😊	13Wed ☹️☹️☹️😊😊
14Thu ☹️☹️☹️😊😊	15Fri ☹️☹️☹️😊😊	16Sat ☹️☹️☹️😊😊	17Sun ☹️☹️☹️😊😊

52026MAY21/53 week MEMO	18Mon ☹️☹️☹️😊😊	19Tue ☹️☹️☹️😊😊	20Wed ☹️☹️☹️😊😊
21Thu ☹️☹️☹️😊😊	22Fri ☹️☹️☹️😊😊	23Sat ☹️☹️☹️😊😊	24Sun ☹️☹️☹️😊😊

52026MAY22/53 week MEMO	25Mon ☹️☹️☹️😊😊	26Tue ☹️☹️☹️😊😊	27Wed ☹️☹️☹️😊😊
28Thu ☹️☹️☹️😊😊	29Fri ☹️☹️☹️😊😊	30Sat ☹️☹️☹️😊😊	31Sun ☹️☹️☹️😊😊

6 JUNE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
23/53 week	1	2	3	4	5	6	7
24/53 week	8	9	10	11	12	13	14
25/53 week	15	16	17	18	19	20	21
26/53 week	22	23	24	25	26	27	28
27/53 week	29	30	1	2	3	4	5

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など												PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち												GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと												NEXT STEPS 次月にむけて											

Habit tracker	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

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62026JUNE MEMO		1 Mon ☹️☹️☹️😊😊		2 Tue ☹️☹️☹️😊😊		3 Wed ☹️☹️☹️😊😊	
4 Thu ☹️☹️☹️😊😊		5 Fri ☹️☹️☹️😊😊		6 Sat ☹️☹️☹️😊😊		7 Sun ☹️☹️☹️😊😊	

62026JUNE MEMO 24/53 week	8Mon ☹️☹️☹️😊😊	9Tue ☹️☹️☹️😊😊	10Wed ☹️☹️☹️😊😊
11Thu ☹️☹️☹️😊😊	12Fri ☹️☹️☹️😊😊	13Sat ☹️☹️☹️😊😊	14Sun ☹️☹️☹️😊😊

62026JUNE MEMO	25/53 week		15 Mon ☹️☹️☹️😊😊	16 Tue ☹️☹️☹️😊😊	17 Wed ☹️☹️☹️😊😊
18 Thu ☹️☹️☹️😊😊	19 Fri ☹️☹️☹️😊😊	20 Sat ☹️☹️☹️😊😊	21 Sun ☹️☹️☹️😊😊		

62026JUNE MEMO		22 Mon ☹️☹️😐😊😊		23 Tue ☹️☹️😐😊😊		24 Wed ☹️☹️😐😊😊	
25 Thu ☹️☹️😐😊😊		26 Fri ☹️☹️😐😊😊		27 Sat ☹️☹️😐😊😊		28 Sun ☹️☹️😐😊😊	

62026JUNE 27/53 week	29Mon ☹️☹️☹️😊😊	30Tue ☹️☹️☹️😊😊	☹️☹️☹️😊😊
MEMO			
☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

HALF-YEARLY REVIEW (上半期の振り返り)

(上半期の振り返り)

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(上半期の振り返り)

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7 JULY

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
27/53 week	29	30	1	2	3	4	5
28/53 week	6	7	8	9	10	11	12
29/53 week	13	14	15	16	17	18	19
30/53 week	20 海の日	21	22	23	24	25	26
31/53 week	27	28	29	30	31	1	2

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など														PLACES & EVENTS 行った場所・イベント													
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち														GRATITUDE 感謝リスト													
ACHIEVEMENTS できたこと							LESSONS 学んだこと														NEXT STEPS 次月にむけて													

Habit tracker	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

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72026JULY MEMO 27/53 week		☹️☹️☹️😊😊		☹️☹️☹️😊😊		1Wed ☹️☹️☹️😊😊	
2Thu ☹️☹️☹️😊😊		3Fri ☹️☹️☹️😊😊		4Sat ☹️☹️☹️😊😊		5Sun ☹️☹️☹️😊😊	

72026 JULY MEMO		28/53 week		6 Mon ☹️☹️☹️😊😊		7 Tue ☹️☹️☹️😊😊		8 Wed ☹️☹️☹️😊😊	
9 Thu ☹️☹️☹️😊😊		10 Fri ☹️☹️☹️😊😊		11 Sat ☹️☹️☹️😊😊		12 Sun ☹️☹️☹️😊😊			

72026JULY29/53 week MEMO	13Mon☹️☹️☹️😊😊	14Tue☹️☹️☹️😊😊	15Wed☹️☹️☹️😊😊
16Thu☹️☹️☹️😊😊	17Fri☹️☹️☹️😊😊	18Sat☹️☹️☹️😊😊	19Sun☹️☹️☹️😊😊

72026JULY MEMO 30/53 week	20海の日Mon ☹ ☹ ☹ 😊 😊	21Tue ☹ ☹ ☹ 😊 😊	22Wed ☹ ☹ ☹ 😊 😊
23Thu ☹ ☹ ☹ 😊 😊	24Fri ☹ ☹ ☹ 😊 😊	25Sat ☹ ☹ ☹ 😊 😊	26Sun ☹ ☹ ☹ 😊 😊

72026 JULY 31/53 week	27Mon ☹️☹️☹️😊😊	28Tue ☹️☹️☹️😊😊	29Wed ☹️☹️☹️😊😊
MEMO			
30Thu ☹️☹️☹️😊😊	31Fri ☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

8 AUGUST

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
31/53 week	27	28	29	30	31	1	2
32/53 week	3	4	5	6	7	8	9
33/53 week	10	11 山の日	12	13	14	15	16
34/53 week	17	18	19	20	21	22	23
35/53 week	24	25	26	27	28	29	30
36/53 week	31	1	2	3	4	5	6

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など													PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち													GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと													NEXT STEPS 次月にむけて											

Habit tracker	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

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82026AUGUST 31/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊
MEMO			
☹️☹️☹️😊😊	☹️☹️☹️😊😊	1 Sat ☹️☹️☹️😊😊	2 Sun ☹️☹️☹️😊😊

82026AUGUST MEMO 32/53 week		3Mon ☹️☹️☹️😊😊		4Tue ☹️☹️☹️😊😊		5Wed ☹️☹️☹️😊😊	
6Thu ☹️☹️☹️😊😊		7Fri ☹️☹️☹️😊😊		8Sat ☹️☹️☹️😊😊		9Sun ☹️☹️☹️😊😊	

82026AUGUST MEMO		10Mon		11山の日Tue		12Wed	
13Thu		14Fri		15Sat		16Sun	

82026AUGUST MEMO		17Mon		18Tue		19Wed	
20Thu		21Fri		22Sat		23Sun	

82026AUGUST MEMO 35/53 week		24Mon ☹ ☹ ☹ 😊 😊	25Tue ☹ ☹ ☹ 😊 😊	26Wed ☹ ☹ ☹ 😊 😊
27Thu ☹ ☹ ☹ 😊 😊	28Fri ☹ ☹ ☹ 😊 😊	29Sat ☹ ☹ ☹ 😊 😊	30Sun ☹ ☹ ☹ 😊 😊	

82026AUGUST MEMO	31Mon					

9 SEPTEMBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
36/53 week	31	1	2	3	4	5	6
37/53 week	7	8	9	10	11	12	13
38/53 week	14	15	16	17	18	19	20
39/53 week	21 敬老の日	22 国民の休日	23 秋分の日	24	25	26	27
40/53 week	28	29	30	1	2	3	4

TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など													PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち													GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと													NEXT STEPS 次月にむけて											

Habit tracker	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

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92026 SEPTEMBER 36/53 week	☹️☹️☹️😊😊	1Tue ☹️☹️☹️😊😊	2Wed ☹️☹️☹️😊😊
MEMO			
3Thu ☹️☹️☹️😊😊	4Fri ☹️☹️☹️😊😊	5Sat ☹️☹️☹️😊😊	6Sun ☹️☹️☹️😊😊

92026 SEPTEMBER 37/53 week	7Mon ☹️☹️☹️😊😊	8Tue ☹️☹️☹️😊😊	9Wed ☹️☹️☹️😊😊
MEMO			
10Thu ☹️☹️☹️😊😊	11Fri ☹️☹️☹️😊😊	12Sat ☹️☹️☹️😊😊	13Sun ☹️☹️☹️😊😊

MEMO

9 2026 SEPTEMBER 39/53 week	21 敬老の日 Mon ☹ ☹ ☹ 😊 😊	22 国民の休日 Tue ☹ ☹ ☹ 😊 😊	23 秋分の日 Wed ☹ ☹ ☹ 😊 😊
MEMO			
24 Thu ☹ ☹ ☹ 😊 😊	25 Fri ☹ ☹ ☹ 😊 😊	26 Sat ☹ ☹ ☹ 😊 😊	27 Sun ☹ ☹ ☹ 😊 😊

92026 SEPTEMBER 40/53 week	28Mon ☹️☹️☹️😊😊	29Tue ☹️☹️☹️😊😊	30Wed ☹️☹️☹️😊😊
MEMO			
☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

10 OCTOBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
40/53 week	28	29	30	1	2	3	4
41/53 week	5	6	7	8	9	10	11
42/53 week	12 スポーツの日	13	14	15	16	17	18
43/53 week	19	20	21	22	23	24	25
44/53 week	26	27	28	29	30	31	1

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など											PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち											GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと											NEXT STEPS 次月にむけて											

Habit tracker	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

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102026OCTOBER MEMO 40/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊😊
1Thu	2Fri	3Sat	4Sun

102026 OCTOBER MEMO		41/53 week		5 Mon ☹️☹️☹️😊😊		6 Tue ☹️☹️☹️😊😊		7 Wed ☹️☹️☹️😊😊	
8 Thu ☹️☹️☹️😊😊		9 Fri ☹️☹️☹️😊😊		10 Sat ☹️☹️☹️😊😊		11 Sun ☹️☹️☹️😊😊			

102026 OCTOBER MEMO 42/53 week	12スポーツの日 Mon	13 Tue	14 Wed
15 Thu	16 Fri	17 Sat	18 Sun

102026 OCTOBER MEMO 43/53 week	19Mon ☹️ ☹️ 😐 😊 😄	20Tue ☹️ ☹️ 😐 😊 😄	21Wed ☹️ ☹️ 😐 😊 😄
22Thu ☹️ ☹️ 😐 😊 😄	23Fri ☹️ ☹️ 😐 😊 😄	24Sat ☹️ ☹️ 😐 😊 😄	25Sun ☹️ ☹️ 😐 😊 😄

102026OCTOBER MEMO 44/53 week		26Mon ☹️ ☹️ 😐 😊 😄	27Tue ☹️ ☹️ 😐 😊 😄	28Wed ☹️ ☹️ 😐 😊 😄
29Thu ☹️ ☹️ 😐 😊 😄	30Fri ☹️ ☹️ 😐 😊 😄	31Sat ☹️ ☹️ 😐 😊 😄	☹️ ☹️ 😐 😊 😄	

11 NOVEMBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/4/53 week	26	27	28	29	30	31	1
4/5/53 week	2	3 文化の日	4	5	6	7	8
4/6/53 week	9	10	11	12	13	14	15
4/7/53 week	16	17	18	19	20	21	22
4/8/53 week	23 勤労感謝の日	24	25	26	27	28	29
4/9/53 week	30	1	2	3	4	5	6

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

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PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など											PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち											GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと											NEXT STEPS 次月にむけて											

Habit tracker	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

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112026NOVEMBER MEMO 44/53 week	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊
☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	1 Sun☹️☹️☹️😊😊

112026NOVEMBER 45/53 week	2 Mon ☹️☹️☹️😊😊	3文化の日Tue ☹️☹️☹️😊😊	4 Wed ☹️☹️☹️😊😊
MEMO			
5 Thu ☹️☹️☹️😊😊	6 Fri ☹️☹️☹️😊😊	7 Sat ☹️☹️☹️😊😊	8 Sun ☹️☹️☹️😊😊

112026NOVEMBER MEMO 46/53 week		9Mon ☹ ☹ ☹ 😊 😊	10Tue ☹ ☹ ☹ 😊 😊	11Wed ☹ ☹ ☹ 😊 😊
12Thu ☹ ☹ ☹ 😊 😊	13Fri ☹ ☹ ☹ 😊 😊	14Sat ☹ ☹ ☹ 😊 😊	15Sun ☹ ☹ ☹ 😊 😊	

112026NOVEMBER 47/53 week	16Mon ☹️☹️☹️😊😊	17Tue ☹️☹️☹️😊😊	18Wed ☹️☹️☹️😊😊
MEMO			
19Thu ☹️☹️☹️😊😊	20Fri ☹️☹️☹️😊😊	21Sat ☹️☹️☹️😊😊	22Sun ☹️☹️☹️😊😊

112026NOVEMBER MEMO 48/53 week	23Mon 勤労感謝の日	24Tue	25Wed
26Thu	27Fri	28Sat	29Sun

112026NOVEMBER 49/53 week	30Mon ☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊
MEMO			
☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

12 DECEMBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
49/53 week	30	1	2	3	4	5	6
50/53 week	7	8	9	10	11	12	13
51/53 week	14	15	16	17	18	19	20
52/53 week	21	22	23	24	25	26	27
53/53 week	28	29	30	31	1	2	3

TO DO

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WANT TO DO

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GOOD THINGS

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REVIEW

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MONTHLY REVIEW

(今月の振り返り)



PURCHASED 購入品							CULTURE & ARTS 本・映画・展示など													PLACES & EVENTS 行った場所・イベント											
FAVORITES ときめいたもの・こと・場所							HEALTH & MOOD 体調・気持ち													GRATITUDE 感謝リスト											
ACHIEVEMENTS できたこと							LESSONS 学んだこと													NEXT STEPS 次月にむけて											

Habit tracker	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 LOG (今月の記録)

(今月の記録)

[TOP](#)

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122026 DECEMBER 49/53 week	☹️☹️☹️😊😊	1Tue ☹️☹️☹️😊😊	2Wed ☹️☹️☹️😊😊
MEMO			
3Thu ☹️☹️☹️😊😊	4Fri ☹️☹️☹️😊😊	5Sat ☹️☹️☹️😊😊	6Sun ☹️☹️☹️😊😊

122026DECEMBER MEMO 50/53 week		7Mon ☹ ☹ ☹ 😊 😊	8Tue ☹ ☹ ☹ 😊 😊	9Wed ☹ ☹ ☹ 😊 😊
10Thu ☹ ☹ ☹ 😊 😊	11Fri ☹ ☹ ☹ 😊 😊	12Sat ☹ ☹ ☹ 😊 😊	13Sun ☹ ☹ ☹ 😊 😊	

122026DECEMBER MEMO		14Mon		15Tue		16Wed	
17Thu		18Fri		19Sat		20Sun	

122026 DECEMBER MEMO 52/53 week		21Mon ☹️ ☹️ 😐 😊 😄	22Tue ☹️ ☹️ 😐 😊 😄	23Wed ☹️ ☹️ 😐 😊 😄
24Thu ☹️ ☹️ 😐 😊 😄	25Fri ☹️ ☹️ 😐 😊 😄	26Sat ☹️ ☹️ 😐 😊 😄	27Sun ☹️ ☹️ 😐 😊 😄	

122026DECEMBER MEMO 53/53 week		28Mon ☹️☹️☹️😊😊	29Tue ☹️☹️☹️😊😊	30Wed ☹️☹️☹️😊😊
31Thu ☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊	☹️☹️☹️😊😊

HALF-YEARLY REVIEW (下半期の振り返り)

(下半期の振り返り)

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HALF-YEARLY REVIEW

(下半期の振り返り)

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