

BULLET JOURNAL TRACKER IDEAS

SELF CARE/WELLNESS

- Important medical information
- Medical history
- Medication log & expiration tracker
- Supplement tracker
- Doctor appointments
- Blood sugar tracker
- Migraine tracker
- Pain tracker
- Sleep tracker
- Symptom tracker
- Health tracker
- Dietary restrictions
- Food diary
- Foods to eat
- Foods to avoid
- Healthy snacks list
- Water intake
- Weight loss tracker
- Journal prompts
- Dream log
- Mood Tracker

FITNESS

- Weight/height/body fat log
- Measurements
- Weight loss goals
- Weight loss tracker
- Workout routine
- Exercises/routines
- Weight lifting tracker
- Step tracker
- Fitness Goals
- Fitness tracker
- Gym tracker

PERSONAL DEVELOPMENT

- Book reading challenge
- Book reviews
- Books already read
- Books to read
- Craft project tracker
- Favourite TV shows
- Favourite lyrics
- Favourite movies
- Favourite songs and artists
- Favourite board games
- Favourite quotes
- Favourite beauty product codes
- Hobbies to try
- Horoscope tracker
- People you would like to meet
- Instagram/YouTube accounts you love
- Lunar cycle
- Makeup expiration dates
- Personal affirmations
- Podcast tracker
- TV shows/movies to watch
- TV show/movie tracker
- Weather log
- Password tracker
- Important information for next of kin (will, mortgage, insurance, passwords, bank details)
- Retirement countdown
- Capsule wardrobe inventory & checklist
- Bucket list
- Gratitude journal
- Habit tracker
- Date night out ideas
- Date night in ideas

BULLET JOURNAL TRACKER IDEAS

MEAL PLANNING

- Calorie tracker
- Carbohydrate tracker
- Diet planner
- Quick & easy go to meals
- Favourite recipes
- Mom's/Family recipes
- Recipes to try
- Meal planner
- Meal prep schedule
- Freezer inventory
- Pantry inventory
- Recurring grocery list
- Favourite restaurants & reviews
- Do not go to restaurants

TRAVEL

- Travel document information & expiry
- Day trip ideas
- Summer vacation planning
- Ultimate travel bucket list
- Places you have been
- Attractions wish list
- Travel planning/itinerary
- Travel savings tracker
- Travel insurance information
- Travel packing/capsule wardrobe list
- Shopping list for traveling items
- Vacation countdown
- Emergency contact information
- Best time to buy airline tickets
- Seasonal destination information
- Countries you would like to live in
- Expat information

FAMILY

- Medical history/information
- Allergy/diet information
- Birthday and anniversary list
- Contact numbers & addresses
- Family neighbours' contact information
- Family area emergency contact #'s
- Family legal information location
- Family insurance information
- Gift tracker
- Measurements/likes/preferences

SEASONAL

- Christmas card list
- Christmas exchange trackers
- Christmas gift tracker
- Christmas budget tracker
- Christmas gift list
- Holiday recipes
- Holiday movies to watch
- Decoration inventory
- Party planning
- Holiday schedule & commitments

BULLET JOURNAL TRACKER IDEAS

HOME ORGANIZATION

Car information (make, model, year, purchase price, purchased from)
Car insurance info and claims log
Car maintenance log
Car loan information
Mileage log
Home information (purchase price, year, mortgage)
Home insurance info and claims log
Inventory for insurance purposes
Home maintenance log
When you last... (change furnace filter)
Major home purchases info & warranties
Home repairs needed (and ranked by importance)
Home improvement wish list
Home improvement savings tracker
Home improvement research
Home improvement project supply list
Appliance & warranty information
Emergency contact & phone numbers (plumber, electrician)
Neighbours contact information
Cleaning schedule
Chore List
Spring cleaning schedule
Bag a day declutter tracker
Declutter challenge
Garden project planning
Moving house checklist
Smoke alarm check schedule
Online order tracker
Rebate tracker
Returns tracker
Contest entry tracker

GOAL SETTING

Ultimate goal wish list
1 year plan
5 year plan
New Year's resolutions
Goal setting
Goal planning
Goal tracker
To-do lists
Daily schedule
Weekly schedule
Monthly schedule
Morning routine
Evening routine
Skills to learn
Courses/classes to take
TV hours watched log
Online hours log

PET

Pet birthday/breed/purchase info
Pet medical history
Pet license log
Vet appointments
Grooming appointments
Weight log
Symptom/behavioural log
Feeding schedule
Walking schedule
Training schedule
Milestones/Memories/pictures (first haircut, baby teeth)

BULLET JOURNAL TRACKER IDEAS

FINANCES

- Financial goals
- Savings goals
- Savings tracker
- Savings challenge
- Debt tracker
- Credit card tracker
- Spending log
- Spending wish list
- Bill tracker
- Income tracker
- Tax information
- Over-time hours tracker
- Budget tracker
- Student loan repayment log
- Best price shopping list/comparison
- Big purchase research
- Big purchase savings tracker
- Ways to Cut Spending List
- Coupon log

BLOG BUSINESS

- Goal setting
- Goal tracker
- Income tracker
- Expense tracker
- Affiliate programs and details
- Follower tracker
- Stats tracker
- Pinning schedule
- Social media schedule
- Post ideas/content creation
- Password tracker
- Important blog info/blog hex codes/fonts
- Blog friends lists & contact info
- Collaboration wish list
- Contest tracker
- Emergency contact help list

NOTES