投活學

子彈筆記
各種模板

語言系統：快速記錄 (Rapid Logging)

- ● 任務 (Task) - 具體的行動
- ✗ 已完成 (Completed) - 任務結束
- ＞ 遷移 (Migrated) - 移至明天或下個月
- ＜ 排程 (Scheduled) - 移回未來誌
- 〇 事件 (Event) - 經歷或活動 (會議、聚餐)
- ― 筆記 (Note) - 想法、觀察或數據
- ！ 靈感 (Inspiration) - 重要的點子

KEY

- • TASK (任務)
- X TASK DONE　　　　完成任務後
- ＞ TASK MIGRATED　未完成，轉至明天
- ＜ TASK SCHEDULED　未完成，再入中將事項
- ○ EVENT (事物)
- △ APPOINTMENT (預約)
- ― NOTE (筆記)
- ★ PRIORITY (優先)
- ！ IDEA
- ~~CANCELLED~~

A4

投活學

子彈筆記的模板

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子彈筆記的模板

日誌
Daily Log

投活學

2024.10.05

Task:
Grocery shopping
- ○
- ○
- ○
- ○

Task:
Call mom
- ○
- ○
- ○
- ○

Event:
Coffee with friends - great conversation

Inspiration:
New project idea - sustainable living blog

Reflection:
Need to prioritize self-care more

投活學

2024.10.05

Date

2024.10.15

Tasks

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Longer Journal

Inspirations

投活學

子彈筆記的模板

週誌
Weekly Log

投活學

Weekly Priorities

Goals						
Monday	Monday	Monday	Monday	Sunday	Ptinday	Sunday

Monday		Monday
Tuesday		Tuesday
Wednesday		hursday
Thursday		Thursday
Friday		Friday
Saturday		Sriday
Sunday		Sunday

Weekly Priorities/Goals

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
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- ○
- ○
- ○
- ○
- ○

Weekle ɩs Log

Monday	Chores: Vacuum, laundry
Tuesday	Errands: Grocery, pharmacy
Wednesday	
Dchesday	Scheduled: Doctor appointment
Thursday	
Friday	Note: Pick up dry cleaning
Saturday	
Sunday	

Weekly Priorities:
Finish report, call
client

投活學

Monday

Tuesday

Weekly Priorities/
/Goals

_____
_____
_____
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Wednesday

Thursday

Friday

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Friday

Saturday

Sunday

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_____

子彈筆記的模板

月誌
Monthly Log

投活學

January 2025

Daily Schedule

Events

Monthly Goals

To-Do List

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

Notes

Priorities

☐ Add notes here

☐ High/Medium/Low

Daily Schedule

DAILY	SOIN	TIES	FUU	PJND	EVT	EVIT
					1	2
3	5	6	7	8	9	0
10	11	12	13	14	15	16
17	18	29	20	20	22	27
28	29	30	31			

Events

- □ - - - - - - - - - - - - - -
- □ - - - - - - - - - - - - - -
- □ - - - - - - - - - - - - - -

Monthly Goals

- □ - - - - - - - - - - - - - -
- □ - - - - - - - - - - - - - -
- □ - - - - - - - - - - - - - -
- □ - - - - - - - - - - - - - -

Notes

To-Do List

Priorities

July 2024

July	1-31	1-31	1-37	1-31	
1	2	5	1	2	31
1-31	8	6	7	3	
1-31	17	9	10	8	
	18	19	11	12	
21	22	20			
28	29	23	24	28	
	20	21	25		
			23		

Monthly Goals

- 🔴 Finish report

- 🟡 Gym 3x/week

To-Do List

Important:
Deadline 7/15

2024.10

		1-31	1-31	1-31	1-31
					1
3	4	5	6	7	8
0	11	12	13	14	15
16	17	18	19	24	25
23	25	27	29	20	21
29	31				

Monthly Goals

1	2	3
2	8	9
8	9I	10
15	16	17
26	27	28

To-Do List

○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____

Notes

○ _____
○ _____
○ _____
○ _____
○ _____
○ _____

🔵 High Priority

投活學

子彈筆記的模板

年誌
Year Log

投活學

Jan	Feb	Mar	Apr
M M 15 TUT 06 T S	M M 15 TUT 06 T S	M M 15 TUT 06 T S	M M 15 TUT 06 T S

Apr	May	Jun	Jun
M M 15 TUT 06 T S	M M 15 TUT 06 T S	M M 16 TUT 06 T S	M M 16 TUT 09 T 12

Jun	Jul	Aug	Sep
M M 15 TUT 06 T S	M M 15 TUT 06 T S	M M 15 TUT 09 T S	M M 16 TUT 09 T 12

Sep	Oct	Nov	Dec
M M 15 TUT 08 T S	M M 16 TUT 99 T 12	M M 16 TUT 09 T 12	M M 16 TUT 06 T S

投活學

January 2025

1 _____
2 _____
3 _____
4 _____
6 _____
5 _____
6 _____

February 2025

Important Event

Task Due

March 2025

1 _____
2 _____
3 _____
4 _____
5 _____
5 _____
6 _____

March 2025

Important Event

Task Due

April 2025

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____

May 2025

Important Event

Task Due

May 2025

1 _____
2 _____
3 _____
4 _____
4 _____
6 _____
6 _____

June 2025

Important Event

Task Due

Januay 2025

1 _____
2 _____
3 _____
4 _____
6 _____
5 _____
6 _____

Februay 2025

Important Event

Important Event

June 2025

1 _____
2 _____
3 _____
4 _____
4 _____
5 _____
6 _____

June 2025

Task Due

Task Due

January 2025

1 _____
2 _____
3 _____
4 _____
4 _____
5 _____
6 _____

January 2025

Task Due

Important Event

Januan 2025

1 _____
2 _____
3 _____
4 _____
5 _____
5 _____
6 _____

投活學

January

M	M	T	1-0	TU	1-31
		1	1	2	3
5	6	7	8	9	10	11
8	13	14	15	16	17	20
27	19	20	23	23	24	25
27	28	29	30		

Notes

January

M	M	T	1-0	TU	1-31
3	4	5	6	7	7
18	10	12	13	14	15	16
19	18	19	27	20	20	25
26	27	28	29	20	30	

Notes

December

M	M	T	1-0	TU	1-31
1	2	3	4	5	5
7	8	9	10	11	12	13
17	18	19	19	19	70	12
27	25	24	25	20	26	20
29	30	31			

Notes

December

M	M	T	1-0	TU	1-31
	1	2	3	4
6	7	8	9	10	11
15	14	16	17	19	12	19
21	22	23	24	25	26	27
29	30			

Notes

December

M	M	T	1-0	TU	1-31
1	2	3	4	5	5
7	8	9	10	11	12	13
13	15	19	15	16	17	18
19	19	20	24	23	24	25
28	29	30	31		

Notes

Juntlle

M	M	T	1-0	TU	1-31
	1	1	2	2	3
7	8	8	9	10	10	11
13	15	19	16	19	12	19
27	19	20	27	23	24	24
26	29	30	30		

Notes

Monther

M	M	T	1-0	TU	1-31
4	5	4	5	6	6	7
10	12	13	13	13	14	16
16	17	18	20	25	20	20
24	25	26	26	27	29	29

Notes

December

M	M	T	1-0	TU	1-31
	1	2	3	4
5	6	7	8	9	10	11
17	18	17	19	19	16	19
17	19	20	23	23	24	25
28	20	22	30	31	

Notes

Monther

M	M	T	1-0	TU	1-31
1	1	2	3	3	4
7	8	9	9	10	10	11
14	15	15	16	17	18	18
29	20	24	25	24	25	26
20	30	31		

Notes

Future log

M	M	T	1-0	TU	1-31
			1	1
5	4	5	6	7	8	9
10	11	12	13	14	16	17
17	18	20	20	21	24	25
27	28	29	30	31	

Notes

Forturer

M	M	T	1-0	TU	1-31
	2	3	4	3	4
6	7	8	9	10	11
14	15	16	17	18	16	17
19	19	27	23	26	25	20
26	27	21	30	31	

Notes

December

M	M	T	1-0	TU	1-31
	1	2	3	4	5
5	6	7	8	9	10
17	14	15	19	19	10	17
21	22	23	24	25	26	29
25	30	31		

Notes

子彈筆記的模板

未來誌
Future Log

投活學

Bullet Jounal

10-year excellence plan

yearly overview

Key ⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚

top priorities

Ret	3-2	3-4	3-5	goal

milestones

Vision Board

Tecawily you er ofop ashignatica!

Wew ugecul ile to trall ufenae!

I thowele ieke we tulahe imneaw

Year Overview

S	M	T	W	W	F	F	S
					1	2	3
		1	2	4	5	6	
5	6	7	8	8	9	10	10
12	15	13	14	15	12	28	26
22	22	23	23	24	25	26	26
27	28	29	80	30			

Top Priorities

Mindslines

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

Vision Board
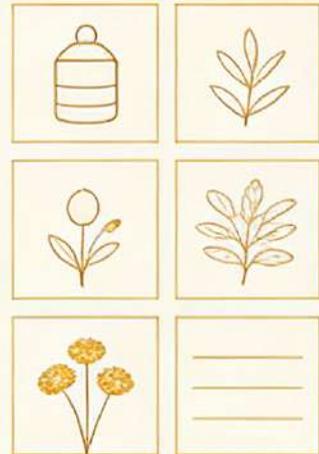
10-year excellence plan

Bullet Foun

Yearly Overview

Top Priorities

Milestones

10-Year Excellence Plan

子彈筆記的模板

生活與習慣
Life Management

	1	2	3	4	6	17	18	19	21	30	31
Exercise		☐	☐	☐	☐	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
Meditation	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
Reading	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○
	☐	○	○	○	○	○	○	○	○	○	○
Water Intake	☐	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○

Habit Tracker

	1	2	5	4	15	16	27	39	31
Exercise				✓	○	○	○	○	○
Meditation	✓	○	✓	○	✓	○	○	✓	✓
	✓	○	✓	○	○	○	✓	○	○
Reading	✓	✓	✓	✓	✓	✓	✓	✓	✓
	○	○	○	○	○	○	○	○	○
Reading	✓	✓	✓	✓	✓	✓	○	○	
Water Intake									

	1	3	5	4	15	17	28	20	31
Exercise			☐ ✓	☐ ●	☐ ●	☐	☐ ●	☐ ●	☐
Meditation	☐ ✓	☐ ✓	☐ ●	☐ ●	●	✓	✓	✓	✓
Reading	☐ ● ●	☐	☐	☐ ●	☑ ●	☑ ●	☐ ●	☑ ●	☑ ●
Reading	☐ ● ●	☐	✓	☐	☑ ●	☐	☑	☑	☐
Water Intake	☐	☐	☐						

投活學

A4 bullet Journal

	1	2	3	6	7	9	15	15	17	19	30	31
Exercise								○	○	○	○	○
Meditation	○	○	○	✓	6	✓	7	●	8	●	9	●
Readint	11	✓	12	✓	13	✓	14	✓	15	16	17	18
Reading	17	✓	18	●	20	●	21	21	23	29	26	27
Water Intake	25	✓	26		27	29	✓	31				

投活學

Bullet Jound

44 Bullet Jouml Template

開機儀式/ Morning Routine	關機儀式/ Evening Routine

開機儀式/ Morning Routine

- ☑ ☐ 3e:00 ☐ Time 3:00
- ☑ 換掉睡衣
- ☑ 喝一杯溫水
- ☑ 瀏覽今日行事曆
- ☑ 寫下最重要的3件事
- ☑ 設定今日意圖
- ☑
- ☑
- ☑
- ☑

關機儀式/ Evening Routine

- ☑ ☐ 5:00 ☐ Time 3:00
- ☑ 整理桌面
- ☑ 關電腦
- ☑ 列出明日待辦事項
- ☑ 換上居家服
- ☑ 寫感恩日記或心情紀錄
- ☑ 關掉工作通知
- ☑ 短暫冥想
- ☑
- ☑

你比你以為的更有能力。
今天的你，已經具備解決問題的
所有資源。
開機完成，現在輪到你來掌控這一天。

今天做到這裡就夠了，你已經盡力了。
工作永遠做不完，
但你的休息值得被重視。
關上電腦，也關上心裡的雜音。

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A4 bullet Journal
Money Tracker

Date	Expense Item	Category		Amount
				Spending Reflection Notes

A4 Bullet Journal
Financial Log / Money Tracker

Date	Expense Item	Category	Amount
			Spending Refection Notes

Sleep Log

Sleep Log

Quality

1– ⭐ ⭐ ⭐ 5

☆ ☆ ☆ ☆

Menstrual Cycle

S	M	T	W	F	F	S
			1	2	3	4
5	6	7	8	9	0	11
13	14	14	15	16	18	17
19	20	23	24	25	26	27
29	20	30	31			

Quality

Menstnal Cycle

Symptom	Cramps	Cramps	Sumps	Mood	Energy

Weekly Meal Plan

Duration	Breakfast	Lunch	Lunch	Dinner	Snocks

Meal Plan

Duration (hours)	Quality (15 stars)

Physical Health Notes

Daily Physical

Meal Type

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Health Jounl Tracker

Sleep Quality

Duration (hours)

Quality (1-5 scale)						
	1	2	3	4	5	5

Menstral Cycle

S	T	W	T	H	F	S
				1	2	3
5	6	7	8	8	7	9
11	12	13	15	15	16	19
19	29	20	20	27	24	25
28	30	30				

Symptoms

D	U	T	V	C	S	F	E	F	D	N	C	T	V	U	E	T	F	F	S	W	B	T	V	X	T	X	S

Meal

Meal 1	Meal 2	Meal 2	Meal 3

Digestive Issues

Bullth) Joun Template

Duration | Quality Scale

Duration	Quality Scale
Slep	1 ⭐ ⭐ ⭐ ⭐
1	
x	
x	
og	

Symptom Tracking

S	M	N	W	T	F	S
		1	2	3	4	5
5	4	5	6	7	8	9
9	10	11	12	13	15	16
18	20	22	24	24	25	26
29	27	20	30			

Sleep Quality

Mun	Tru	Tu	Tru	Tm	Tru	Tur
1	2	3	4	5	6	7
	9	10	11	12	15	1S
		16	17	18	19	20
12	15				29	30
23	24	25	26	27		

Menptom Tracking

Cramps
Mood Energy

Meal Ideas

Daily	Physical	Mealth	Meatt	plan

Daily Notes

投活學

44. Bullet Jounal Template

Sleep Duration (hours)

Sleep Quality Scale: 1-5
(1=poor, 5=excellent)

1	2	3	4	5	6	7
			1	2	3	7
4	5	6	7	9	11	10
17	19	10	11	12	13	14
24	23	24	25	26	27	28
7						

Menstrual Cycle Day

Symptoms: Cramps, Mood, Bloating

1	1	2	3	F	Y	D
	1	2	3	4	5	6
7	8	9	10	12	11	13
15	15	16	17	18	19	19
21	22	23	24	25	26	27
28	29	30				

Meal Plan:

Breakfast, Lunch, Dinner, Snacks

1	2	3	4	5	6	7

Physical Health Notes:

Digestive Issues;
Digestive Issues,
Energy Levels, Pain

投活學

子彈筆記的模板

個人成長
Personal Growth

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Daily Emotional Check-In & Gratitude Journal

1 - Calm

2 - Content

3 - Neutral

4 - Anxious

5 - Overwhelmed
☺ 😐 ☹

Date: _____

Gratitude Journal

1.

2.

3.

4

Mood Log

Date _____

Gratitude Journal

😊 😄 😐 🙁 ☹️
1　2　3　4　5

Gratitude Journal

Today's Mood

✳️ Today's Mood

❤️ Thankful for day

⭐ Thankful for day
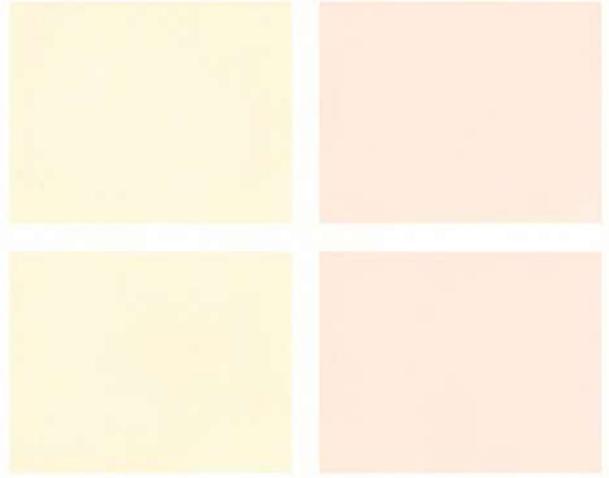
🌸 Thre Things I'm
Thankful For

投活學

44 Size

Date	

Mood log Size

1   2   3   4   5

gratitude journel

Three things to be thankful for today

_____

_____

_____

_____

_____

_____

投活學

Word of the Year

VISION BOARD

投活學

VISION BOARD

Word of the Year

Word of the Year