



#### Hi there!

Thank you so much for purchasing Adulting Made Easy: The Home Management Binder.

We are so proud of this product and worked hard to ensure we created something that would help you organize and improve many different aspects of your life.

This binder has four main sections: personal info + lists, finances, meal planning, and health + fitness.

We like to use this binder by printing it out and placing it in a three-ring binder. However, you can also store it digitally or print pages as needed.

We will continuously add to this binder, and as our customer, you will receive all updates - for free - anytime we make one.

Enjoy





SECTION 2

SECTION 3 MEAL PLANNING

SECTION 4 HEALTH + FITNESS

personal info + lists



Have you ever scribbled your to-do list on a scrap piece of paper only to lose it halfway through the day?

Have you ever had a good idea and felt like you needed to write it down like, now?

Do you wish you had an organized record of your important contacts or a record of all the maintenance you've done to your car?

Want to do a little adulting?

If so, this section is for you and contains several different types of lists and contact forms so you can keep all your important contacts, info, and ideas all in one place.





#### Date:

Done?	Item Name	Due Date		





CONTACT INFORMATION						
NAME	RELATION	PHONE	EMAIL			



DOCTOR	LAWYER SOLICITOR
Name	Name
Address	Address
Telephone	Telephone
Website/	Website/
Email	Email
FINANCIAL ADVISOR	BUSINESS PARTNER
Name	Name
Address	Address
Telephone	Telephone
Website/	Website/
Email	Email
CERTIFIED PUBLIC ACCOUNTANT	FUNERAL DIRECTOR
Name	Name
Address	Address
Telephone	Telephone
Website/	Website/
Email	Email
OTHER ADVISOR	PASTOR/FAITH LEADER
Name	Name
Address	Address
Telephone	Telephone
Website/	Website/
Email	Email
NOT	TES

#### VEHICLE MAINTENANCE LOG

VEHICI	E INFORMATION
Year	Make
Model	VIN
Plate	
Beginning Mileage	Ending Mileage

DATE	MILEAGE	SERVICE(S) PERFORMED	PERFORMED BY	COST	NOTES



PET INFORMATION				
Name	Name			
Туре	Туре			
Food	Food			
How Much	How Much			
How Often	How Often			
Medication	Medication			
Notes	Notes			
	-			

١	/ETERINARIAN
Address	
Telephone	
Website	
Notes	

PE	T SITTER
Address	
Telephone	
Website	
Notes	

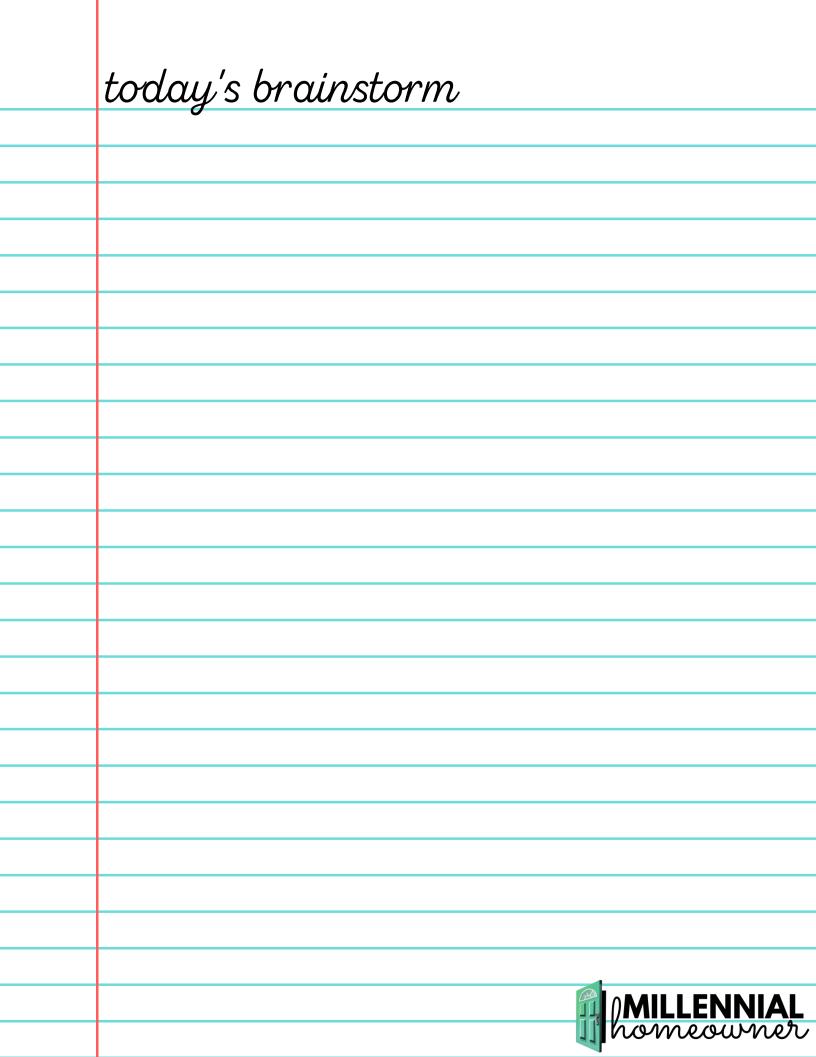
#### Password TRACKER

WEBSITE	USER NAME	PASSWORD	





### My Checklist



# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

### FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

### OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

finances

### money, money, money

Have you ever felt like you wanted to be more organized with your money?

Admittedly, it's not a pleasant thought, but if something happened to you, would your loved ones know about all of your financial accounts? Would they even know where to start looking?

If not, complete the financial section below.

Don't forget to keep it in a safe place.

Let one person you trust know where these documents are. Update these documents regularly if you change banks or update your insurance.





BANK ACCOUNTS - FINANCIAL INSTITUTIONS				
Name of Institution	Name of Institution			
Address	Address			
Telephone	Telephone			
Account Number	Account Number			
Account Type	Account Type			
Wesbite	Wesbite			
Login	Login			
Password	Password			

Name of Institution	Name of Institution
Address	Address
Telephone	Telephone
Account Number	Account Number
Account Type	Account Type
Wesbite	Wesbite
Login	Login
Password	Password

Name of Institution	Name of Institution
Address	Address
Telephone	Telephone
Account Number	Account Number
Account Type	Account Type
Wesbite	Wesbite
Login	Login
Password	Password



INVESTMENTS		
Name of Institution	Name of Institution	
Address	Address	
Telephone	Telephone	
Account Number	Account Number	
Account Type	Account Type	
Wesbite	Wesbite	
Login	Login	
Password	Password	

Name of Institution	Name of Institution
Address	Address
Telephone	Telephone
Account Number	Account Number
Account Type	Account Type
Wesbite	Wesbite
Login	Login
Password	Password

Name of Institution	Name of Institution
Address	Address
Telephone	Telephone
Account Number	Account Number
Account Type	Account Type
Wesbite	Wesbite
Login	Login
Password	Password



PROPERTY		
Address		
Joint Owner Name	Mortgage Lender Name	
Joint Owner Telephone	Mortgage Lender Address	
Joint Owner Address	Account Number	
Account Number	Location of Deeds/Title	

OTHER PROPERTY		
Address		
Joint Owner Name	Mortgage Lender Name	
Joint Owner Telephone	Mortgage Lender Address	
Joint Owner Address	Account Number	
Account Number	Location of Deeds/Title	

Address	
Joint Owner Name	Mortgage Lender Name
Joint Owner Telephone	Mortgage Lender Address
Joint Owner Address	Account Number
Account Number	Location of Deeds/Title

INSURANCE POLICIES - LIFE, HEALTH, CAR, HOUSE, OTHER				
POLICY NUMBER POLICY TYPE COMPANY NAME, PHONE & ADDRESS LOCATION OF POL				

### ACCOUNT INFO

SOCIAL MEDIA ACCOUNT			
SOCIAL ACCOUNT	LOGIN	PASSWORD	EMAIL

STREAMING ACCOUNT			
STREAMING SERVICE	LOGIN	PASSWORD	EMAIL

LOYALTY CARDS			
LOYALTY CARD	LOGIN	PASSWORD	EMAIL

### WEBSITE LOGINS

ONLINE WEBSITE				
URL	LOGIN	PASSWORD	EMAIL	



CREDIT CARDS		
Name of Credit Card	Name of Credit Card	
Address	Address	
Telephone	Telephone	
Card Number	Card Number	
Wesbite	Wesbite	
Login	Login	
Password	Password	

Name of Credit Card	Name of Credit Card	
Address	Address	
Telephone	Telephone	
Card Number	Card Number	
Wesbite	Wesbite	
Login	Login	
Password	Password	

Name of Credit Card	Name of Credit Card	
Address	Address	
Telephone	Telephone	
Card Number	Card Number	
Wesbite	Wesbite	
Login	Login	
Password	Password	



LOANS		
Name of Institution	Name of Institution	
Address	Address	
Telephone	Telephone	
Account Number	Account Number	
Loan Type	Loan Type	
Wesbite	Wesbite	
Login	Login	
Password	Password	

Name of Institution	Name of Institution	
Address	Address	
Telephone	Telephone	
Account Number	Account Number	
Loan Type	Loan Type	
Wesbite	Wesbite	
Login	Login	
Password	Password	

Name of Institution	Name of Institution	
Address	Address	
Telephone	Telephone	
Account Number	Account Number	
Loan Type	Loan Type	
Wesbite	Wesbite	
Login	Login	
Password	Password	



UTILITY COMPANY INFORMATION				
SERVICE	COMPANY	PHONE NUMBER	ACCOUNT NUMBER	WEBSITE
		NOTES		
		NOTES		
	I			I
SERVICE	COMPANY	PHONE NUMBER	ACCOUNT NUMBER	WEBSITE
		NOTES		
SERVICE	COMPANY	PHONE NUMBER	ACCOUNT NUMBER	WEBSITE
<u> </u>				
		NOTES		
SERVICE	COMPANY	PHONE NUMBER	ACCOUNT NUMBER	WEBSITE
		NOTES		
HOILO				

meal planning

yum...

Raise your hand if you like to eat!

[raises hand]

Raise your hand if you love planning your meals two weeks in advance!

[Anyone?]

••••

[Seriously, anyone?]

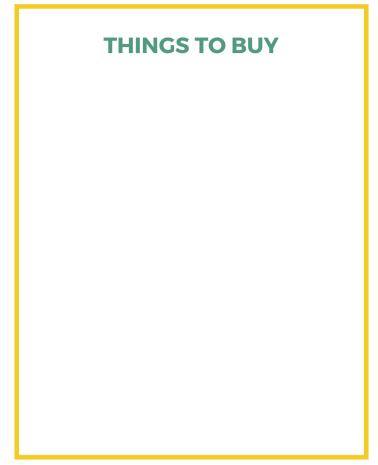
Well, the print outs below will make all your grocery shopping, meal planning, and even your family recipe book super easy to create and maintain.

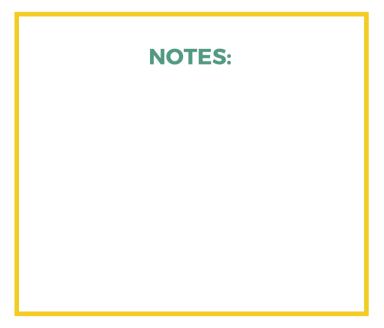
(It might even be fun! Try it!)



### MEALPLAN









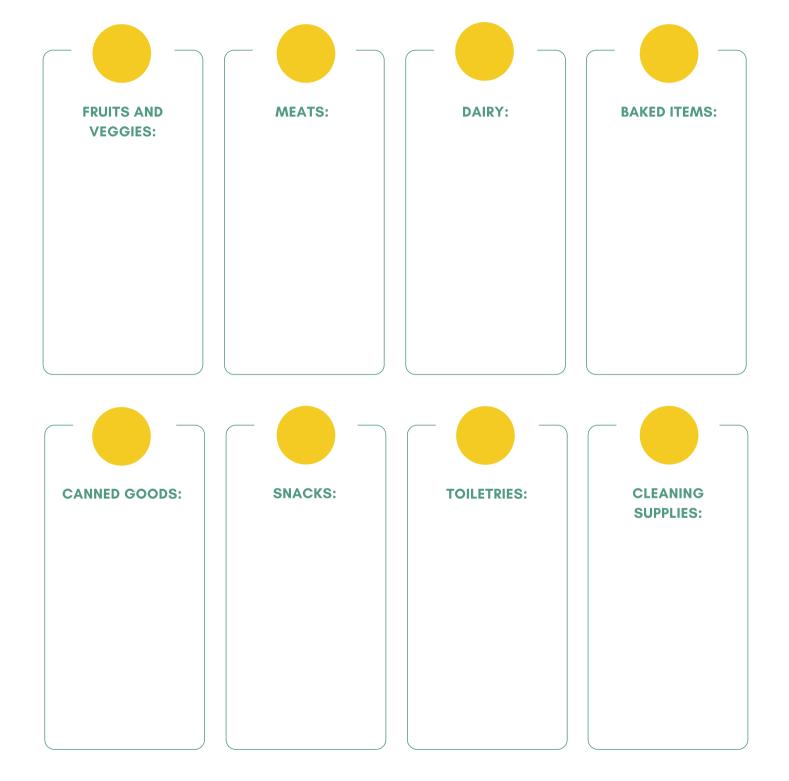
#### 2 WEEK MEAL PLAN







#### GROCERY LIST





## PANTRY LIST

ITEM	QUANTITY	EXPIRATION DATE			



## FREEZER LIST

ITEM	QUANTITY	EXPIRAT	ION DATE	





#### **A COOKBOOK**



#### **A COOKBOOK**



#### **A COOKBOOK**

# APPETIZERS



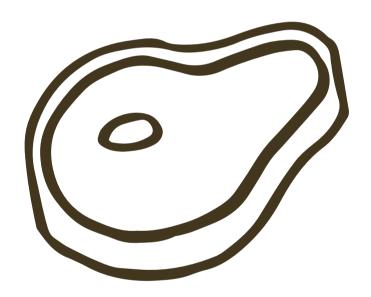
# SOUPS



# SALADS



# MEATS

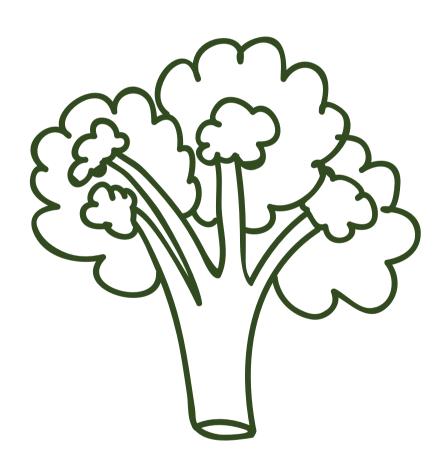


# FISH. 555

# MAIN DISHES



# VEGETABLES



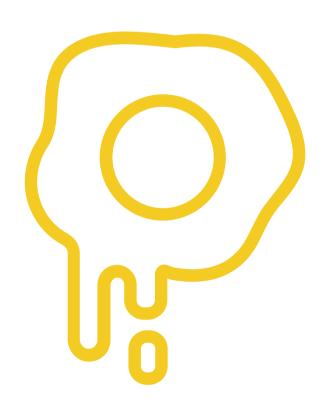
# DRINKS



# DESSERTS



# BREAKFAST



# LUNCH



# DINNER





TITLE

PREP TIME

TOTAL TIME

INGREDIENTS



INSTRUCTIONS

#### **SECTION 4**

health + fitness

# feeling good

Health is so much more than what you eat.

That's why we included many different types of printables in our health and fitness section.

Use them to track your workouts and your meals. Color in water glasses to motivate yourself to drink 8 cups of water per day.

Place an X on the calendar and start a workout streak. (You won't want to miss a day!)

Most importantly, use our mood tracker to monitor your mental health too because a healthy mind helps you achieve a healthy body.



#### Workout TRACKER

ACTIVITY	TIME	REPS
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		



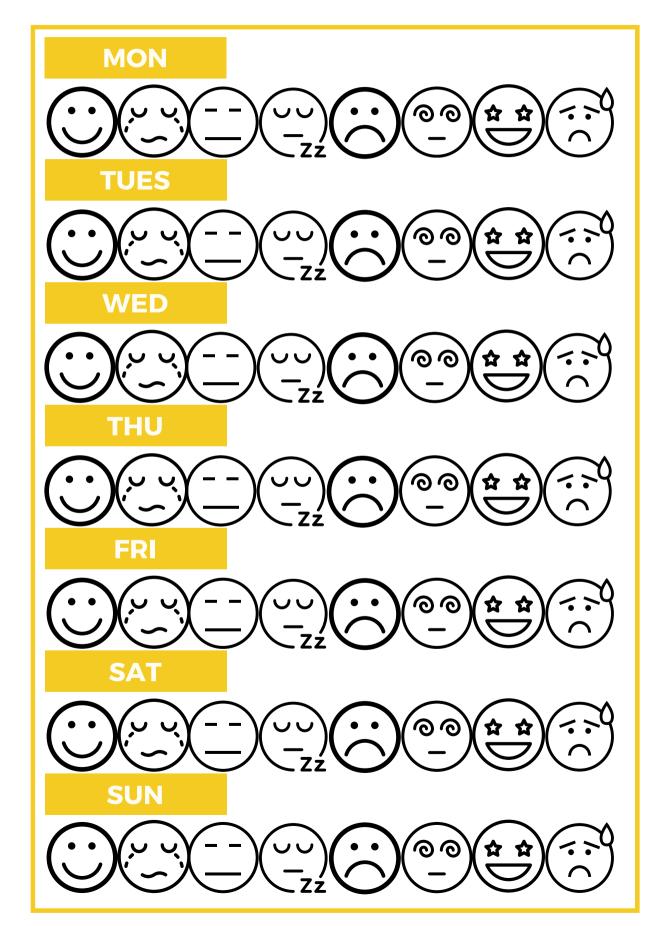
#### Food & Water TRACKER

**SNACKS** WATER MON AM NN PM **SNACKS TUES WATER** AM NN PM **SNACKS WED WATER** AM NN PM THU **SNACKS** WATER **AM** NN PM **SNACKS FRI** WATER AM NN PM **SNACKS** SAT **WATER** AM NN PM **SNACKS** SUN WATER AM NN

PM

#### Mood TRACKER

Week of: \_\_\_\_\_



## my exercise STREAK





## You're the best.

Like really, you are.

Thank you so much for being our customer.

If you have any suggestions on pages and printables to add to this binder, please send us an email at info@millennialhomeowner.com.

Any time we add this binder, we'll send you a new, updated copy so you'll always have the most up to date version.

We hope you enjoy it and that truly helps make adulting easy.

We're rooting for you!



