FREE PRINTABLE

US & World Map

BULLET JOURNAL TRACKERS

8 travel pages: 2 maps to color + 6 logs and planners

World Travel Map

Color every country you visit and keep a tally by continent.



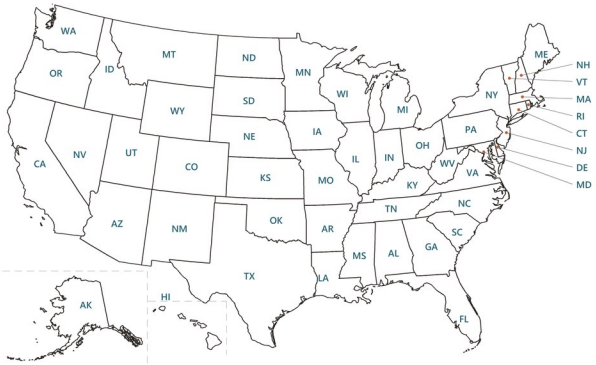
key ☐ visited ☐ lived here ☐ want to go

countries visited: _____

Africa # ___	Asia
North America # ___	**South Am**

United States Travel Map

Color each state you visit. All 50 states, outlined from real borders.



key ☐ visited ☐ lived here ☐ drove through ☐ next trip

states visited: _____ of 50

first state I remember visiting _____

most recent new state _____

next state on my list _____

favorite state so far _____

National Parks Checklist

All 64 U.S. national parks, A to Z (current as of November 2026).

- ☐ Acadia ME
- ☐ American Samoa AS
- ☐ Arches UT
- ☐ Badlands SD
- ☐ Big Bend TX
- ☐ Biscayne FL
- ☐ Black Canyon of the Gunnison CO
- ☐ Bryce Canyon UT
- ☐ Canyonlands UT
- ☐ Capitol Reef UT
- ☐ Carlsbad Caverns ...

date _____

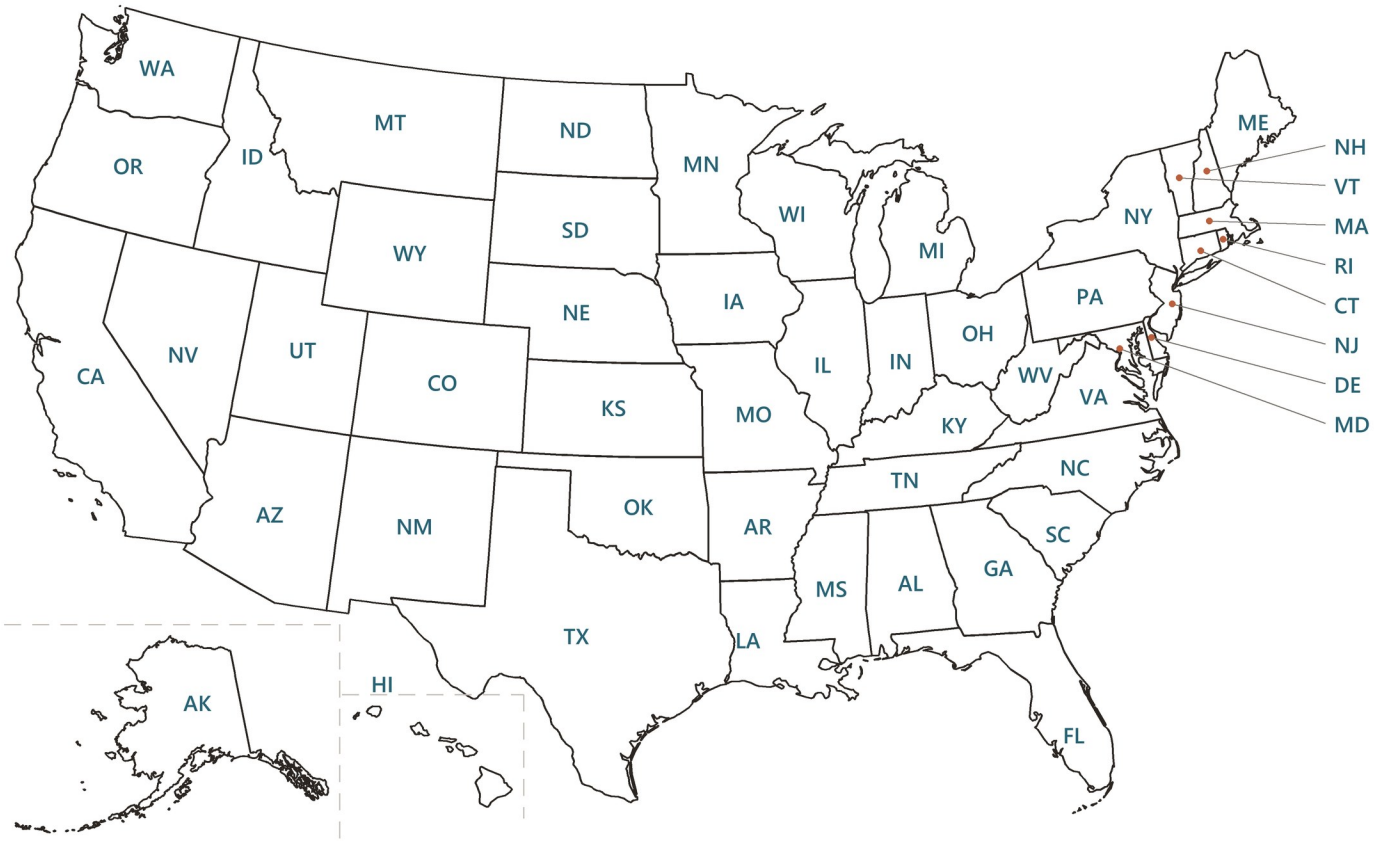
- ☐ Hot Springs AR
- ☐ Indiana Dunes IN
- ☐ Isle Royale MI
- ☐ Joshua Tree CA
- ☐ Katmai AK
- ☐ Kenai Fjords AK
- ☐ Kings Canyon CA
- ☐ Kobuk Valley AK
- ☐ Lake Clark AK
- ☐ Lassen Volcanic CA
- ☐ Mammoth Cave KY
- ☐ Mesa Verde CO
- ☐ Mount Rainier WA
- ☐ New River Gorge WV
- ☐ North Cascades WA
- ☐ Olympic WA
- ☐ Petrified Forest AZ
- ☐ Pinnacles CA
- ☐ Redwood CA
- ☐ Rocky Mountain CO
- ☐ Saguaro AZ
- ☐ Sequoia CA
- ☐ Shenandoah VA
- ☐ Theodore Roosevelt ND
- ☐ Virgin Islands VI
- ☐ Voyageurs MN
- ☐ White Sands NM
- ☐ Wind Cave SD
- ☐ Wrangell-St. Elias AK
- ☐ Yellowstone ID, MT, WY
- ☐ Yosemite CA
- ☐ Zion UT

date _____

AS = American Samoa, VI = U.S. Virgin Islands

United States Travel Map

Color each state you visit. All 50 states, outlined from real borders.



key ☐ visited ☐ lived here ☐ drove through ☐ next trip

states visited: _____ of 50

○ ○ ○ ○ ○ ○ ○ ○ ○ 10 ○ ○ ○ ○ ○ ○ ○ ○ ○ 20 ○ ○ ○ ○ ○ ○

○ ○ ○ ○ 30 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 40 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 50

first state I remember visiting _____

most recent new state _____

next state on my list _____

favorite state so far _____

World Travel Map

Color every country you visit and keep a tally by continent.



key ☐ visited ☐ lived here ☐ want to go

countries visited: _____

tiny countries missing from the map? add them below

Africa # ___

Asia # ___

Europe # ___

North America # ___

South America # ___

Oceania # ___

States Visited Log

Tick the box, add the year of your first visit and one place worth remembering.

state	year	favorite place or memory
☐ Alabama AL		
☐ Alaska AK		
☐ Arizona AZ		
☐ Arkansas AR		
☐ California CA		
☐ Colorado CO		
☐ Connecticut CT		
☐ Delaware DE		
☐ Florida FL		
☐ Georgia GA		
☐ Hawaii HI		
☐ Idaho ID		
☐ Illinois IL		
☐ Indiana IN		
☐ Iowa IA		
☐ Kansas KS		
☐ Kentucky KY		
☐ Louisiana LA		
☐ Maine ME		
☐ Maryland MD		
☐ Massachusetts MA		
☐ Michigan MI		
☐ Minnesota MN		
☐ Mississippi MS		
☐ Missouri MO		
☐ Montana MT		
☐ Nebraska NE		
☐ Nevada NV		
☐ New Hampshire NH		
☐ New Jersey NJ		
☐ New Mexico NM		
☐ New York NY		
☐ North Carolina NC		
☐ North Dakota ND		
☐ Ohio OH		
☐ Oklahoma OK		
☐ Oregon OR		
☐ Pennsylvania PA		
☐ Rhode Island RI		
☐ South Carolina SC		
☐ South Dakota SD		
☐ Tennessee TN		
☐ Texas TX		
☐ Utah UT		
☐ Vermont VT		
☐ Virginia VA		
☐ Washington WA		
☐ West Virginia WV		
☐ Wisconsin WI		
☐ Wyoming WY		

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National Parks Checklist

All 64 U.S. national parks, A to Z (current as of November 2026).

- ☐ Acadia ME — date _____
- ☐ American Samoa AS — date _____
- ☐ Arches UT — date _____
- ☐ Badlands SD — date _____
- ☐ Big Bend TX — date _____
- ☐ Biscayne FL — date _____
- ☐ Black Canyon of the Gunnison CO — date _____
- ☐ Bryce Canyon UT — date _____
- ☐ Canyonlands UT — date _____
- ☐ Capitol Reef UT — date _____
- ☐ Carlsbad Caverns NM — date _____
- ☐ Channel Islands CA — date _____
- ☐ Chiricahua AZ — date _____
- ☐ Congaree SC — date _____
- ☐ Crater Lake OR — date _____
- ☐ Cuyahoga Valley OH — date _____
- ☐ Death Valley CA, NV — date _____
- ☐ Denali AK — date _____
- ☐ Dry Tortugas FL — date _____
- ☐ Everglades FL — date _____
- ☐ Gates of the Arctic AK — date _____
- ☐ Gateway Arch MO — date _____
- ☐ Glacier MT — date _____
- ☐ Glacier Bay AK — date _____
- ☐ Grand Canyon AZ — date _____
- ☐ Grand Teton WY — date _____
- ☐ Great Basin NV — date _____
- ☐ Great Sand Dunes CO — date _____
- ☐ Great Smoky Mountains NC, TN — date _____
- ☐ Guadalupe Mountains TX — date _____
- ☐ Haleakalā HI — date _____
- ☐ Hawai'i Volcanoes HI — date _____
- ☐ Hot Springs AR — date _____
- ☐ Indiana Dunes IN — date _____
- ☐ Isle Royale MI — date _____
- ☐ Joshua Tree CA — date _____
- ☐ Katmai AK — date _____
- ☐ Kenai Fjords AK — date _____
- ☐ Kings Canyon CA — date _____
- ☐ Kobuk Valley AK — date _____
- ☐ Lake Clark AK — date _____
- ☐ Lassen Volcanic CA — date _____
- ☐ Mammoth Cave KY — date _____
- ☐ Mesa Verde CO — date _____
- ☐ Mount Rainier WA — date _____
- ☐ New River Gorge WV — date _____
- ☐ North Cascades WA — date _____
- ☐ Olympic WA — date _____
- ☐ Petrified Forest AZ — date _____
- ☐ Pinnacles CA — date _____
- ☐ Redwood CA — date _____
- ☐ Rocky Mountain CO — date _____
- ☐ Saguaro AZ — date _____
- ☐ Sequoia CA — date _____
- ☐ Shenandoah VA — date _____
- ☐ Theodore Roosevelt ND — date _____
- ☐ Virgin Islands VI — date _____
- ☐ Voyageurs MN — date _____
- ☐ White Sands NM — date _____
- ☐ Wind Cave SD — date _____
- ☐ Wrangell-St. Elias AK — date _____
- ☐ Yellowstone ID, MT, WY — date _____
- ☐ Yosemite CA — date _____
- ☐ Zion UT — date _____

parks visited: _____ of 64

AS = American Samoa, VI = U.S. Virgin Islands

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Countries Visited

One line per country, numbered so the total is always in front of you.

	country	year		country	year
1			26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		
24			49		
25			50		

Travel Bucket List

16 places you want to see, why they matter and when you plan to go.

1 _____ ☐
why _____
best season _____
goal year _____

2 _____ ☐
why _____
best season _____
goal year _____

3 _____ ☐
why _____
best season _____
goal year _____

4 _____ ☐
why _____
best season _____
goal year _____

5 _____ ☐
why _____
best season _____
goal year _____

6 _____ ☐
why _____
best season _____
goal year _____

7 _____ ☐
why _____
best season _____
goal year _____

8 _____ ☐
why _____
best season _____
goal year _____

9 _____ ☐
why _____
best season _____
goal year _____

10 _____ ☐
why _____
best season _____
goal year _____

11 _____ ☐
why _____
best season _____
goal year _____

12 _____ ☐
why _____
best season _____
goal year _____

13 _____ ☐
why _____
best season _____
goal year _____

14 _____ ☐
why _____
best season _____
goal year _____

15 _____ ☐
why _____
best season _____
goal year _____

16 _____ ☐
why _____
best season _____
goal year _____

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Road Trip Planner

Route, stops, miles and a packing list for one trip.

from _____ *to* _____

dates _____ *travelers* _____

total miles _____ *nights* _____

stops along the way

#	city or place	miles	sleep here?	notes
1			☐	
2			☐	
3			☐	
4			☐	
5			☐	
6			☐	
7			☐	
8			☐	

packing list

- ☐ driver's license
- ☐ insurance card
- ☐ phone charger
- ☐ offline maps
- ☐ water bottles
- ☐ snacks
- ☐ first aid kit
- ☐ sunglasses
- ☐ trash bags
- ☐ wet wipes
- ☐ blanket
- ☐ spare tire checked
- ☐ _____
- ☐ _____
- ☐ _____

trip budget

gas	$ _____
lodging	$ _____
food	$ _____
activities	$ _____
parking & tolls	$ _____
other	$ _____
total	$ _____

Trip Log

12 trips: where you went, how long you stayed and the best part.

1 dates _____ destination _____ nights _____

best part _____

2 dates _____ destination _____ nights _____

best part _____

3 dates _____ destination _____ nights _____

best part _____

4 dates _____ destination _____ nights _____

best part _____

5 dates _____ destination _____ nights _____

best part _____

6 dates _____ destination _____ nights _____

best part _____

7 dates _____ destination _____ nights _____

best part _____

8 dates _____ destination _____ nights _____

best part _____

9 dates _____ destination _____ nights _____

best part _____

10 dates _____ destination _____ nights _____

best part _____

11 dates _____ destination _____ nights _____

best part _____

12 dates _____ destination _____ nights _____

best part _____