ADHD-FRIENDLY PLANNER

Focus day

Date _____

Top 3 for today

1 _____

2 _____

3 _____

Time	Time block	Done
6 am		☐
7 am		☐
8 am	Buffer or break	☐
9 am		☐
10 am		☐
11 am	Buffer or break	☐
12 pm		☐
1 pm		☐
2 pm	Buffer or break	☐
3 pm		☐
4 pm		☐
5 pm	Buffer or break	☐
6 pm		☐
7 pm		☐
8 pm	Buffer or break	☐
9 pm		☐

Park distractions here

Body check

☐ Water ☐ Food

☐ Move ☐ Break

Wins today

First step tomorrow