

ADHD Planner

ADHD PLANNER

Week of: _____

MONDAY

Morning routine:

Morning routine

- ☐ Wake up
- ☐ Brush teeth
- ☐ Take medication

Specify time when to wake up: _____

To-do list:

To-do list

- ☐ Complete assignment for work/school
- ☐ Schedule doctor's appointment
- ☐ Grocery shopping

Appointments:

Appointments

- ☐ Doctor's appointment
- ☐ Meeting

Specify time of doctor's appointment: _____

Who are you meeting with and at what time?

TUESDAY

Morning routine:

Morning routine

- ☐ Wake up
- ☐ Exercise for 30 minutes
- ☐ Have a healthy breakfast

Specify time when to wake up: _____

To-do list:

To-do list

- ☐ Attend therapy session
- ☐ Reply to emails
- ☐ Pay bills

Appointments:

Appointments

- ☐ Therapy session
- ☐ Dentist appointment

Specify time of therapy session: _____

Specify time of dentist appointment: _____

WEDNESDAY

Morning routine:

Morning routine

- ☐ Wake up
- ☐ Meditate for 10 minutes
- ☐ Review schedule for the day

Specify time when to wake up: _____

To-do list:

To-do list

- ☐ Work on project
- ☐ Call insurance company
- ☐ Laundry

Work on project for: _____

Appointments:

Appointments

- ☐ Meeting with boss
- ☐ Haircut appointment

Specify time of meeting with boss: _____

Specify time of haircut appointment: _____

THURSDAY

Morning routine:

Morning routine

- ☐ Wake up
- ☐ Yoga session
- ☐ Plan meals for the day

Specify time when to wake up: _____

To-do list:

To-do list

- ☐ Organize desk/workspace
- ☐ Research new hobby
- ☐ Buy birthday present for

Specify recipient of birthday present: _____

Appointments:

Appointments

- ☐ Virtual meeting with therapist
- ☐ Dinner with friends

Specify time of virtual meeting with therapist:

Specify time of dinner with friends: _____

FRIDAY

Morning routine:

Morning routine

- ☐ Wake up
- ☐ Stretching exercises
- ☐ Write in journal

Specify time when to wake up: _____

To-do list:

To-do list

- ☐ Finish weekly report
- ☐ Schedule social media posts
- ☐ Clean house

Appointments:

Appointments

- ☐ Doctor's follow-up appointment
- ☐ Movie night with family

Specify time of doctor's follow-up appointment:

Specify time of movie night with family: