

# ADHD Planner

## ADHD Planner

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Week of:

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Monday

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Morning routine:

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Morning routine

- Wake up
  - Brush teeth
  - Take medication
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Specify time when to wake up:

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To-do list:

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To-do list

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

Appointments

- Doctor's appointment
  - Meeting
- 

Specify time of doctor's appointment:

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Who are you meeting with and at what time?

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Tuesday

Morning routine:

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Morning routine

- Wake up
  - Exercise for 30 minutes
  - Have a healthy breakfast
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Specify time when to wake up:

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To-do list:

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To-do list

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

Appointments:

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Appointments

- Therapy session
  - Dentist appointment
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Specify time of therapy session:

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Specify time of dentist appointment:

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Wednesday

Morning routine:

Morning routine

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

Specify time when to wake up:

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To-do list:

To-do list

- Work on project
- Call insurance company
- Laundry

Work on project for:

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Appointments:

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Appointments

- Meeting with boss
- Haircut appointment

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Specify time of meeting with boss:

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Specify time of haircut appointment:

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Thursday

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Morning routine:

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### Morning routine

- Wake up
  - Yoga session
  - Plan meals for the day
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Specify time when to wake up:

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To-do list:

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To-do list

- Organize desk/workspace
  - Research new hobby
  - Buy birthday present for
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Specify recipient of birthday present:

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Appointments:

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Appointments

- Virtual meeting with therapist
  - Dinner with friends
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Specify time of virtual meeting with therapist:

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Specify time of dinner with friends:

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Friday

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Morning routine:

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Morning routine

- Wake up
- Stretching exercises
- Write in journal

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Specify time when to wake up:

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To-do list:

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To-do list

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

Appointments:

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Appointments

- Doctor's follow-up appointment
  - Movie night with family
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Specify time of doctor's follow-up appointment:

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Specify time of movie night with family:

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