ADHD Focus Plan

Name:	Age:	Date:
The ADHD Focus Plan template is designed to he symptoms and improve focus. This structured approprioritizing responsibilities, and allocating time for comparing time.	oach provides	•
Instructions		
 Use the Task Identification section to list all imporalso use the section to break down larger tasks in In the Prioritization and Time Allocation section, primportance. You can also allocate specific time slorganized. Next, fill in the Breakdown and Integration section easier completion. Integrate strategies such as more to improve focus. In the Review and Adjustment section, use it regulately on track. Modify tasks or allocate time as new support from healthcare professionals or coachest progress and address any challenges. 	nto smaller, mare orioritize and rare ots for each tase on and divide larguedication manal cessary.	nageable steps. nk tasks based on urgency and sk on the to-do list to stay more ger tasks into smaller steps for agement or mindfulness practices d adjust the plan as needed to some notes on when to seek
Task Identification		
Prioritization and Time Allocation		

Breakdown and Integration
Review and Adjustment
Support and Follow-up