

# ADHD Planner

Week of: \_\_\_\_\_

Monday	
Morning routine:	To-do list:
<input type="checkbox"/> Wake up at	<input type="checkbox"/> Complete assignment for work/school
<input type="checkbox"/> Brush teeth	<input type="checkbox"/> Schedule doctor's appointment
<input type="checkbox"/> Take medication	<input type="checkbox"/> Grocery shopping
Appointments:	
<input type="checkbox"/> Doctor's appointment at	
<input type="checkbox"/> Meeting with at	
Tuesday	
Morning routine:	To-do list:
<input type="checkbox"/> Wake up at	<input type="checkbox"/> Attend therapy session
<input type="checkbox"/> Exercise for 30 minutes	<input type="checkbox"/> Reply to emails
<input type="checkbox"/> Have a healthy breakfast	<input type="checkbox"/> Pay bills
Appointments:	
<input type="checkbox"/> Therapy session at	
<input type="checkbox"/> Dentist appointment at	
Wednesday	
Morning routine:	To-do list:
<input type="checkbox"/> Wake up at	<input type="checkbox"/> Work on project for
<input type="checkbox"/> Meditate for 10 minutes	<input type="checkbox"/> Call insurance company
<input type="checkbox"/> Review schedule for the day	<input type="checkbox"/> Laundry

**Appointments:**

- ☐ Meeting with boss at
- ☐ Haircut appointment at

**Thursday****Morning routine:**

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

**To-do list:**

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

**Appointments:**

- ☐ Virtual meeting with therapist at
- ☐ Dinner with friends at

**Friday****Morning routine:**

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

**To-do list:**

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

**Appointments:**

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