

ADHD Planner

Week of: _____

Monday

Morning Routine:

- Wake up at _____
- Brush Teeth
- Take medication

To-Do List:

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

Appointments:

- Doctor's appointment at _____
- Meeting with _____ at _____

Tuesday

Morning Routine:

- Wake up at _____
- Exercise for 30 minutes
- Have a healthy breakfast

To-Do List:

- Attend therapy session
- Reply to emails
- Pay bills

Appointments:

- Therapy session at _____
- Dentist appointment at _____

Wednesday**Morning Routine:**

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

To-Do List:

- Work on project for _____
- Call insurance company
- 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 _____