

ADHD To-Do List

Name: _____ Date: _____

Long list	Short list
<i>Write down all the tasks you have in mind that are not urgent or do not have specific dates.</i>	<i>List only the essential tasks that absolutely must be completed today.</i>
	Calendar list
	<i>Record time-sensitive tasks, appointments, deadlines, and preparation time needed for each task.</i>
Routine list	
<i>Document recurring tasks, routines, and step-by-step procedures.</i>	