ADHD DAILY PLANNER

Date: _____ Focus Word: _____

🧠 BRAIN DUMP (get it all out!)

⭐ TOP 3 MUST-DO's (Be realistic!)

1. _____ Time:____
2. _____ Time:____
3. _____ Time:____

⏰ TIME BLOCKS

Morning (9-12)	
Afternoon (12-3)	
Late Afternoon (3-6)	
Evening (6-9)	

💪 BODY CHECK-INS

- ☐ Eaten?
- ☐ Hydrated?
- ☐ Moved?
- ☐ Meds taken?
- ☐ Breaks taken?

⚡ ENERGY LEVELS

Morning	Noon	Afternoon	Evening
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

🎉 TODAY'S WINS (Celebrate everything!)

- _____
- _____
- _____

🔮 TOMORROW'S #1 PRIORITY

_____

💡 Remember: Progress over perfection. You've got this!