

ADHD TIME BOXER

Date: _____ Top Priority: _____

■ Deep Focus ■ Admin/Easy ■ Break ■ Urgent

TIME BLOCKS

7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

DISTRACTIONS LOG