

# ADHD-Friendly Planner



**TILT the playing field  
and  
THRIVE  
with ADHD!**

**Includes tools  
to plan your  
Month • Week • Day**

Created by: Patty Blinderman, PCC, PCAC



# Blank Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Weekly To-Dos Planner

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

## STEP 1

## WEEKLY To-Dos

Day	Time Est.	To-Do	Day:	Day:
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○

## STEP 2

## DAILY To-Dos

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○

# Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
:30	:30	:30	:30	:30	:30	:30
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:30	:30	:30	:30	:30	:30	:30
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:30	:30	:30	:30	:30	:30	:30
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:30	:30	:30	:30	:30	:30	:30
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>



# Daily Planner

Priorities: Things that must get done	Date:	
1	6:00	
	6:15	
	6:30	
	6:45	
	2	7:00
		7:15
		7:30
	3	7:45
		8:00
8:15		
8:30		
8:45		
9:00		
<b>Things I want to do</b>		
		9:15
		9:30
		9:45
		10:00
		10:15
	10:30	
	10:45	
	11:00	
	11:15	
	11:30	
	11:45	
	12:00	
	12:15	
	12:30	
	12:45	
	1:00	
	1:15	
	1:30	
	1:45	
	2:00	
	2:15	
	2:30	
	2:45	
	3:00	
3:15		
3:30		
3:45		
4:00		
<b>Successes + Notes</b>		
	4:15	
	4:30	
	4:45	
	5:00	
	5:15	
	5:30	
	5:45	
	6:00	
	6:30	
	7:00	
	7:30	
	8:00	
8:30		
9:00		

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00



# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Weekly To-Dos Planner

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

## STEP 1

## WEEKLY To-Dos

Day	Time Est.	To-Do	Day:	Day:
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○

## STEP 2

## DAILY To-Dos

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○	Available Time: ○○○○○

# Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
:30	:30	:30	:30	:30	:30	:30
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:30	:30	:30	:30	:30	:30	:30
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:30	:30	:30	:30	:30	:30	:30
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:30	:30	:30	:30	:30	:30	:30
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>





# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00 9:15 9:30
	9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00 4:15 4:30
	4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00 9:15 9:30
	9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00 4:15 4:30
	4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Weekly To-Dos Planner

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

## STEP 1

## WEEKLY To-Dos

Day	Time Est.	To-Do	Day:	Day:
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○
_____	○○	_____	○○	○○

## STEP 2

## DAILY To-Dos

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
Available Time: ○○○○○○	Available Time: ○○○○○○	Available Time: ○○○○○○	Available Time: ○○○○○○	Available Time: ○○○○○○	Available Time: ○○○○○○



# Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
:30	:30	:30	:30	:30	:30	:30
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:30	:30	:30	:30	:30	:30	:30
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:30	:30	:30	:30	:30	:30	:30
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:30	:30	:30	:30	:30	:30	:30
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>



# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00



# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Weekly To-Dos Planner

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

## STEP 1

## WEEKLY To-Dos

Day	Time Est.	To-Do	Day:	Day:
_____	○ ○	_____	_____	_____
_____	○ ○	_____	_____	_____
_____	○ ○	_____	_____	_____
_____	○ ○	_____	_____	_____
_____	○ ○	_____	_____	_____

## STEP 2

## DAILY To-Dos

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
Available Time: ○ ○ ○ ○ ○	Available Time: ○ ○ ○ ○ ○	Available Time: ○ ○ ○ ○ ○	Available Time: ○ ○ ○ ○ ○	Available Time: ○ ○ ○ ○ ○	Available Time: ○ ○ ○ ○ ○

# Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>12</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
:30	:30	:30	:30	:30	:30	:30
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
:30	:30	:30	:30	:30	:30	:30
<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
:30	:30	:30	:30	:30	:30	:30
<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
:30	:30	:30	:30	:30	:30	:30
<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>



# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00



# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00

# Daily Planner

Priorities: Things that must get done	Date:
1	6:00 6:15 6:30 6:45
2	7:00 7:15 7:30 7:45
3	8:00 8:15 8:30 8:45
Things I want to do	9:00
	9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45
Successes + Notes	4:00
	4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:30 7:00 7:30 8:00 8:30 9:00







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