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## ADHD Daily Planner

One page, low friction. Pick the Big 3, block the day loosely, and dump the rest.

Date: \_\_\_\_\_

Day: \_\_\_\_\_

<b>Energy</b> low / mid / high	<b>Focus</b> foggy / ok / sharp	<b>Mood</b> ? / ? / ?
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### The Big 3

If only these get done, today is a win.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

### Also if I can

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Loose time blocks

Rough order, not a strict clock.

**Morning**

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**Midday**

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**Afternoon**

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**Evening**

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### Brain dump

Everything swirling - get it out of your head and onto the page.

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