

ADHD Daily Planner

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

Date: _____

Day: _____

Energy low / mid / high	Focus foggy / ok / sharp	Mood ? / ? / ?
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The Big 3

If only these get done, today is a win.

- 1 _____
- 2 _____
- 3 _____

Also if I can

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Loose time blocks

Rough order, not a strict clock.

Morning

Midday

Afternoon

Evening

Brain dump

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