

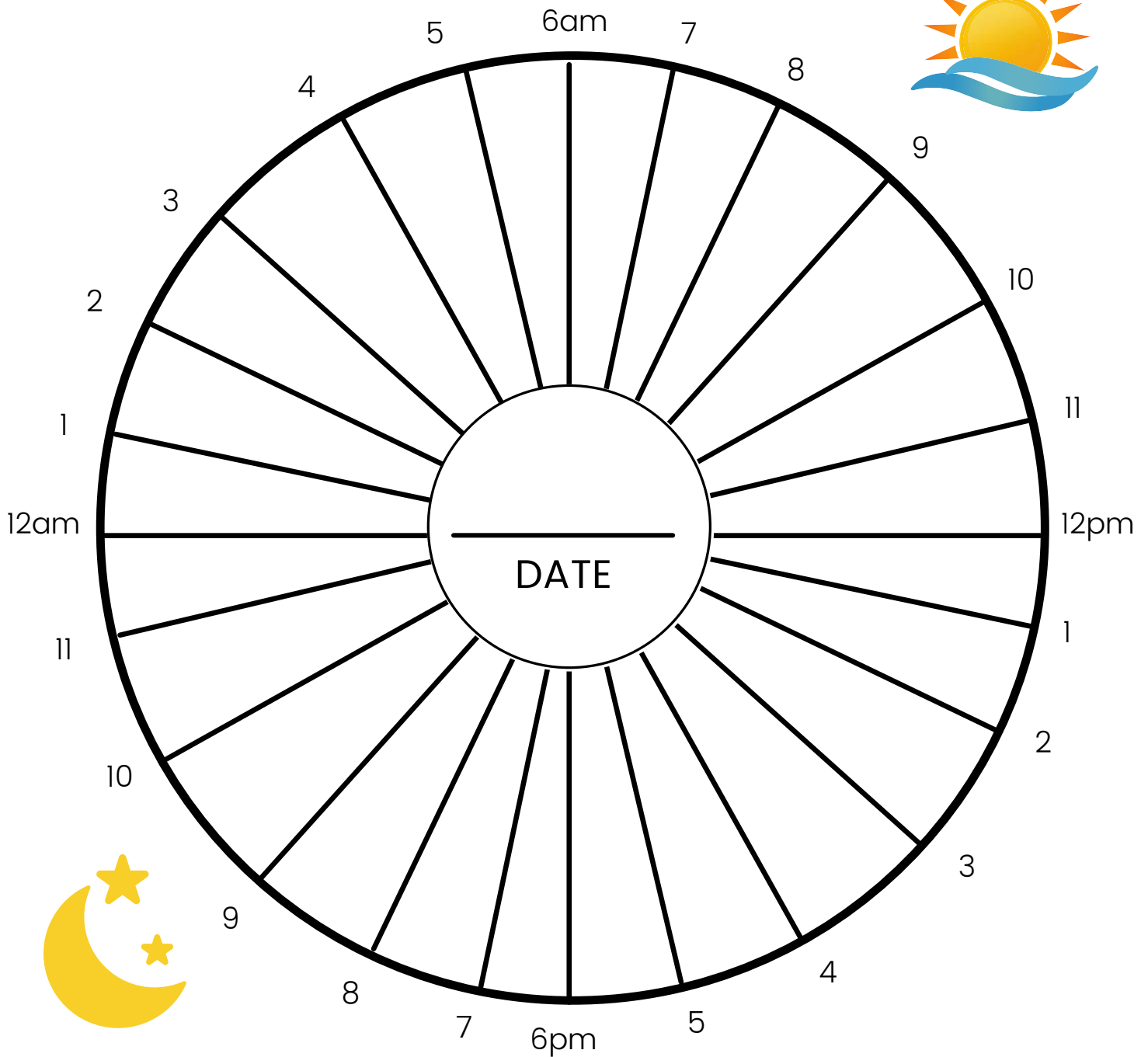


THE ULTIMATE

Productivity Planner

FOR TEENS
WITH ADHD

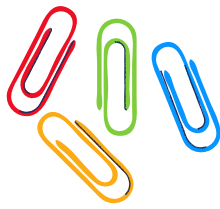
Daily Schedule



Activities To Plan:

Wake Time, Homework, Appointments, Medication, School Work, Fun Time, Exercise, Bed Time

[illegible]



School Planner

Date:

M T W T F S S

Weather:



Notes:

My Schedule:

5:00

6:00

7:00

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00

11:00

To Do List:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Daily Priorities:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Water:



My Mood:



Goal Planner



GOAL

STEPS	M	T	W	T	F	S	S	
								😊
								😊
								😊
								😊
								😊
								😊

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WHAT WORKED

WHAT DID NOT WORK

NEXT TIME

I WILL CHANGE...

NOTES