ADHD WEEKLY PLANNER · FREE PRINTABLE

This week: three things a day

Week of _____

Three lines a day, on purpose. If a day only gets one thing done, make it the first line. Anything that does not fit goes in "Not this week", so it is out of your head but not lost.

TOP 3 THIS WEEK

If only these happen, the week was a win.

1 ☐

2 ☐

3 ☐

NOT THIS WEEK

Parked, not forgotten.

Monday — MAX 3

☐

☐

☐

Tuesday — MAX 3

☐

☐

☐

Wednesday — MAX 3

☐

☐

☐

Thursday — MAX 3

☐

☐

☐

Friday — MAX 3

☐

☐

☐

Saturday — MAX 3

☐

☐

☐

Sunday — MAX 3

☐

☐

☐

Sunday 10-minute reset — 10 MIN

- ☐ Tick off what got done. Notice it. — 2 min
- ☐ Move or drop what's left. No guilt. — 3 min
- ☐ Look at next week's appointments. — 2 min
- ☐ Pick next week's top 3. — 2 min
- ☐ Put this sheet where you will see it. — 1 min

Body double (who, when) _____

Reward when the top 3 are done _____