The ADHD-Friendly Daily Planner

Undated, so you can start any day. Top 3, a tiny first step, time blocks and a brain dump. Duplicate any page in your notes app to reuse it.

Index

This week

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Brain dump

Wins

THE RULES

Only three priorities a day. Write the tiniest first step for the first one ("open the doc", not "write the report"). Start it within 10 minutes.

This week

MON

TUE

WED

THU

FRI

SAT

SUN

NEXT WEEK

Mon · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Tue · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Wed · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Thu · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Fri · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Sat · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Sun · ____ / ____

TOP 3

TINY FIRST STEP (START IN 10 MIN)

BRAIN DUMP

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Brain dump

Wins (even small ones)

Want reminders on your phone too?

Now: ADHD Task Starter is a free iPhone app from the same makers.
Scan to see it on the App Store.

More free planners: https://honestlittleapps.github.io/digital-planners/