

ADHD Weekly Planner

Energy this week: Low Medium High

MON Kitchen	TUE Bathroom	WED Bedroom	THU Living Room	FRI Office / Desk	SAT Laundry	SUN Entryway / Hall...
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Non-negotiables this week:

Weekly review:

What worked:

Do differently:

This Week's Dots

MON
 TUE
 WED
 THU
 FRI
 SAT
 SUN

There is no falling behind.

Stop after 3 dots. Whatever you did was enough.