ADHD Planner

The free sample: 5 pages from the 45-page planner

free sample · daily time blocks · brain dump · dopamine menu · task breakdown · focus timer · US Letter + A4

IN THIS SAMPLE · PAGES 2–6

2 **Daily plan** — time blocks, 6:00 to 21:30

3 **Brain dump** — empty your head

4 **Dopamine menu** — starters to desserts

5 **Task breakdown** — 15-minute steps

6 **Focus timer** — 25/5 sheet

IN THE FULL PLANNER

Daily — time blocks, brain dump, dopamine menu

Tasks & plans — task breakdown, weekly, monthly, 90 days

Focus — 25/5 and 50/10 timer sheets, done list

Health — medication, symptoms, sleep, energy

Home & food — 15-minute cleaning, meals, water

Money & self-care — bills, subscriptions, self-care menu

Free sample

Five pages from the planner: daily time blocks, brain dump, dopamine menu, task breakdown and the 25/5 focus timer. The full ADHD Planner (45 pages, US Letter and A4, plus a digital version with tabs for GoodNotes) is at pintergrab.com/templates/adhd-planner/

Daily plan • time blocks

TIME	PLAN
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
13:00	
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14:00	
14:30	
15:00	
15:30	
16:00	
16:30	
17:00	
17:30	
18:00	
18:30	
19:00	
19:30	
20:00	
20:30	
21:00	
21:30	

Date _____

Top 3 today

- [ ]
- [ ]
- [ ]

If there is time

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Don't forget

Water ○ ○ ○ ○ ○ ○ ○ ○

Energy morning 1 2 3 4 5

Energy afternoon 1 2 3 4 5

Energy evening 1 2 3 4 5

Brain dump

Write everything down, in any order: tasks, worries, ideas, things to buy. The sorting page is in the full planner.

Dopamine menu

A list of things that lift your mood or energy, picked in advance so you don't have to think when you're low. The examples are just starters; cross them out and write your own.

Starters
5 minutes or less, quick boost

one loud song, dance or sing

step outside for fresh air

Mains
longer, really refills you

walk with a podcast

cook something new

Sides
pair with a boring task

playlist or audiobook

body-double call with a friend

Desserts
nice in small portions, use a timer

short video break, 10 min

one game round

Specials
rare treats worth planning

concert or day trip

Noticed it works
what actually helped this week

Task breakdown

Too big to start? Cut it into steps you could finish in about 15 minutes. The first step should be almost silly small.

Big task

Task _____

Deadline _____ **Reward when done** _____

Tiny first step (2 minutes or less)

#	STEP (ABOUT 15 MINUTES)	DONE
1		
2		
3		
4		
5		
6		
7		

Big task

Task _____

Deadline _____ **Reward when done** _____

Tiny first step (2 minutes or less)

#	STEP (ABOUT 15 MINUTES)	DONE
1		
2		
3		
4		
5		
6		
7		

Focus timer • 25/5

Date _____ Main task _____

SESSION	WORKING ON	25 MIN	5 MIN BREAK	GOT DONE
1		☐	☐	
2		☐	☐	
3		☐	☐	
4		☐	☐	
5		☐	☐	
6		☐	☐	
7		☐	☐	
8		☐	☐	
9		☐	☐	
10		☐	☐	
11		☐	☐	
12		☐	☐	

After four 25-minute sessions, take a longer break of 15 to 30 minutes.

Before you start

- ☐ Water on the desk
- ☐ Phone in another room or face down
- ☐ Only the tabs I need
- ☐ Timer set

Parking lot: thoughts to deal with later