



Petal & Paper

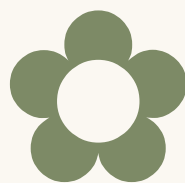
YOUR FREE PRINTABLE

ADHD-friendly daily planner



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ONE DAY AT A TIME

ADHD planner

Today is · _____

ONE main thing today · _____

Other things (max 3) · 1. ____ 2. ____ 3. ____

Morning anchor · ____ am (same time, every day)

Energy right now · low / medium / high Hungry: ☐ Slept: ☐

Time block 1 (25 min) · Task: ____ Break ✓

Time block 2 (25 min) · Task: ____ Break ✓

End of day · Done: ____ Carry forward: ____

DONE IS BETTER THAN PERFECT

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