

The background is a solid dark purple. There are two large, light purple circles: one in the top right corner and one in the bottom left corner. The title 'ADHD-Friendly Weekly Planner' is written in a large, bold, white sans-serif font, centered horizontally. Below the title, the text 'Undated · simple · forgiving · printable' is written in a smaller, white sans-serif font. At the bottom left, the text 'CalcHub Templates · Letter' is written in a small, white sans-serif font.

ADHD-Friendly Weekly Planner

Undated · simple · forgiving · printable

How to use this planner

Built for brains that like it simple, visual and forgiving

- 1** Start small. Use only the weekly page for the first week — add daily pages once it feels easy.
- 2** Pick ONE big thing per week. Finishing one thing beats starting ten.
- 3** Top 3 first. Everything in 'If I have energy' is optional — no guilt.
- 4** Brain dump whenever your head feels full. Sort it later (or never).
- 5** Time-block with a highlighter: colour = type of task. Leave gaps; transitions take time.
- 6** Count everything on the Done list — 'took meds', 'replied to email' and 'ate lunch' all count.
- 7** Missed a day? Skip it. This planner is undated so there is never a page you 'failed'.
- 8** Use the reward box. Dopamine is a tool, not a bribe.

Brain dump

Get it out of your head. Then circle the 3 that matter.

Week at a glance

Week of _____ · pick ONE main focus. Everything else is a bonus.

THIS WEEK'S ONE BIG THING

ENERGY PLAN (HIGH / LOW DAYS)

MON

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APPOINTMENTS & DEADLINES

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DON'T FORGET

REWARD WHEN I FINISH

WINS THIS WEEK (BIG OR SMALL)

Today

Date _____ · Do the top 3 first. Time-block the rest. Be kind to yourself.

MORNING CHECK-IN

Energy: ○ ○ ○ ○ ○ ○ Mood: ☹️ - ☺️ Sleep: ____ h Water: □ □ □ □ □ □ □ □

TOP 3 (MUST-DO)

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IF I HAVE ENERGY

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BRAIN DUMP

DONE LIST (COUNT EVERYTHING)

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TIME BLOCKS

6

7

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10

11

12

1

2

3

4

5

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7

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9

10

Routines

Same steps, same order — so you don't have to think

MORNING ROUTINE

- ☐ Water
- ☐ Meds / vitamins
- ☐ Wash & dress
- ☐ Breakfast
- ☐ Check today's top 3
- ☐ Pack bag / keys / phone
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

EVENING ROUTINE

- ☐ Tidy 10 minutes
- ☐ Lay out clothes
- ☐ Charge phone
- ☐ Check tomorrow
- ☐ Screens off
- ☐ Lights out by ____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LEAVING-THE-HOUSE CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Enjoying the free sample?

The full ADHD-Friendly Weekly Planner includes 11 core layouts + a ready-to-print 12-

Get the full version — \$4.49

calchubtemplates.lemonsqueezy.com/checkout/buy/d9fc7f4e-31c7-42af-bd5b-52a75e12188e