

ADHD To-Do List

Name	
Name of Healthcare Professional	Date of Session
Daily Priorities and Breakdown	
First priority:	
Task Breakdown:	
Second priority:	
Task Breakdown:	
Third priority:	
Task Breakdown:	
Scheduled Breaks	
Morning Break Time:	Afternoon Break Time:
Morning Break Activites:	Afternoon Break Activites:

Focus Sessions	
Morning Focus Session Time: Duration:	Afternoon Focus Session Time: Duration:
Important Reminders for Today	
Evening Review	
Tasks Completed	Challenges Faced
What Worked Well Today	
Additional Notes	