



# ADHD Project Planner: Student Study & Task Breakdown

Stay on top of your studies

📅 Semester: \_\_\_\_\_

📅 Week: \_\_\_\_\_

## 🏠 CLASS SCHEDULE

| TIME  | SUBJECT | ROOM |
|-------|---------|------|
| 8:00  |         |      |
| 9:00  |         |      |
| 10:00 |         |      |
| 11:00 |         |      |
| 12:00 |         |      |
| 13:00 |         |      |
| 14:00 |         |      |

## 📝 ASSIGNMENTS DUE

| ASSIGNMENT | DUE DATE | DONE                     |
|------------|----------|--------------------------|
|            |          | <input type="checkbox"/> |
|            |          | <input type="checkbox"/> |
|            |          | <input type="checkbox"/> |
|            |          | <input type="checkbox"/> |
|            |          | <input type="checkbox"/> |
|            |          | <input type="checkbox"/> |

## 📖 STUDY SESSIONS

|                |  |
|----------------|--|
| 📖<br>Session 1 |  |
| 📖<br>Session 2 |  |
| 📖<br>Session 3 |  |
| 📖<br>Session 4 |  |

## 🎯 STUDY GOALS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ⚡ FOCUS LEVEL

Morning      Afternoon      Evening

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## 🧠 NOTES & IDEAS