



ADHD Study Goal & Progress Tracker for High School

Stay on top of your studies

17 Semester: -----

17 Week: -----

Class Schedule

Assignments Due

Time	Subject	Room	Assignment	Due Date	Done
8:00					<input type="checkbox"/>
9:00					<input type="checkbox"/>
10:00					<input type="checkbox"/>
11:00					<input type="checkbox"/>
12:00					<input type="checkbox"/>
13:00					<input type="checkbox"/>
14:00					<input type="checkbox"/>

Study Sessions

Study Goals

Session
1

Session
2

Session
3

Session
4

- _____
- _____
- _____
- _____

Focus Level

Morning
Afternoon
Evening

Notes & Ideas

