



# ADHD Task Initiation Checklist Printable

Stay organized & on track

17 Start: \_\_\_\_\_

17 End: \_\_\_\_\_

NAME / PET  
\_\_\_\_\_

GOAL  
\_\_\_\_\_

REVIEW DATE  
\_\_\_\_\_

✓ Minimalist, distraction-free design

✓ Structured steps for task breakdown

✓ Prompts for identifying first actions

✓ Space for obstacle identification

✓ Printable PDF for instant download

## Tracking Log

#	Date	Item / Task	Details	Notes	Status
1					<input type="radio"/>
2					<input type="radio"/>
3					<input type="radio"/>
4					<input type="radio"/>
5					<input type="radio"/>
6					<input type="radio"/>
7					<input type="radio"/>
8					<input type="radio"/>
9					<input type="radio"/>
10					<input type="radio"/>
11					<input type="radio"/>
12					<input type="radio"/>
13					<input type="radio"/>
14					<input type="radio"/>

## Additional Notes

## Next Steps

\_\_\_\_\_

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

*"Focus on progress, not perfection."*