



ADHD Unpleasant Task Starter Checklist Printable

Stay organized & on track

17 Start: _____

17 End: _____

NAME / PET

GOAL

REVIEW DATE

✓ Breaks down overwhelming tasks into micro-steps

✓ Prompts for necessary tools and resources

✓ Includes a dedicated section for motivational rewards

✓ Simple, uncluttered minimalist design for focus

✓ Printable and reusable (especially when laminated)

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."