



Low Demand Activity Ideas List for ADHD Relaxation

Stay organized & on track

17 Start: _____

17 End: _____

NAME / PET

GOAL

REVIEW DATE

✓ Curated Low-Demand Activities List

✓ Minimalist, Clutter-Free Design

✓ Space for Personal Activity Additions

✓ Instant PDF Download

✓ A4/US Letter Printable Format

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."