



Pomodoro Technique Planner for ADHD Focus

Plan your day with intention

📅 17 Date: _____

📌 Day: _____

🌈 Mood: ○ ○ ○ ○ ○

★ Top 3 Priorities

- 1. _____
- 2. _____
- 3. _____



📝 To-Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____



⚡ Energy Level

Morning Afternoon Evening

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

🕒 Time Blocks

- 7 AM
- 8 AM
- 9 AM
- 10 AM
- 11 AM
- 12 PM
- 1 PM
- 2 PM
- 3 PM
- 4 PM
- 5 PM
- 6 PM
- 7 PM
- 8 PM
- 9 PM

🏆 Today's Wins

☁️ Gratitude / Reflection

"Focus on progress, not perfection."

