

ADHD Weekly Planner

Energy-aware · Forgiving · Built for real ADHD weeks

WEEK OF _____

THIS WEEK'S ENERGY FORECAST TOP 3 OUTCOMES THIS WEEK

High Medium Low

<p>MON</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>TUE</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>WED</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>THU</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>FRI</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>SAT</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>SUN</p> <p>Energy</p> <p><input type="radio"/> H <input type="radio"/> M <input type="radio"/> L</p> <p>#1 task</p> <p>_____</p> <p>_____</p> <p>Also</p> <p>_____</p> <p>_____</p> <p>_____</p>
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WHAT I'M PROTECTING (NO MEETINGS)

WHAT I'M LETTING GO THIS WEEK

END-OF-WEEK REFLECTION

KeptMind's energy-aware Today list does this automatically — it surfaces the right tasks for your current energy without any manual planning.