FREE ADHD PACK

ADHD DUTCH DOOR PLANNER PAGES

Brain dump | Time blocking | Habit tracker

Designed for ADHD brains

7 FREE PRINTABLE PAGES

Print at home | Cut the flaps | Stay visible

TASKS & PRIORITIES

Capture everything, then prioritize

MUST DO TODAY

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

SHOULD DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

IF TIME ALLOWS

- [ ]
- [ ]
- [ ]
- [ ]

DAILY SCHEDULE

Plan your day hour by hour

DATE: _____

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

TOP 3 PRIORITIES

1

2

3

TO-DO

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

NOTES

WEEKLY HABIT TRACKER

Small steps every day

WEEK OF: _____

	M	T	W	T	F	S	S

WEEKLY WINS: _____

ADHD PLANNING TIPS

Make the pages work for your brain

DUMP FIRST, PLAN SECOND

ADHD brains can't plan with a full mental buffer. Empty every thought onto the Tasks page before you touch the schedule.

3 PRIORITIES MAX

Pick exactly three must-dos. Sixteen tasks collapse by Tuesday; three survive the week.

TIME-BLOCK VISUALLY

Draw your day as blocks, not a list. Time blindness shrinks when hours become visible shapes.

KEEP IT VISIBLE

The Dutch-door flap exists for one reason: out of sight is out of mind. Put today's top 3 where you can't miss them.

DOPAMINE CHECKMARKS

Checking a box gives a small reward hit. Small wins, checked visibly, build the week's momentum.

RESET, DON'T CATCH UP

Missed a day? Start fresh on today's page. Catching up is how planners get abandoned.

DUTCH-DOOR ASSEMBLY GUIDE

Set up your planner in 5 minutes

1. PRINT

Print the pages you need on US Letter (or A4 fit-to-page). Undated: reprint any page, any year.

2. CUT THE FLAPS

Cut along the dashed line on the Habit Tracker page. This creates the Dutch-door flap.

3. PUNCH & BIND

Hole-punch full pages for your binder. Slip the narrow flap behind its divider tab.

4. USE DAILY

Flip main pages while the habit flap stays visible - check habits without losing your page.

5. REPRINT ANYTIME

Mess up a week? Just reprint that page. Your planner never runs out.

Thank you for your purchase!

Questions? Message us anytime through Etsy - we reply fast.

Want the Full ADHD Planner?

This free pack is just the beginning.

The complete 20-page planner adds:

- Brain-dump + dopamine menu pages
- Time-blindness planning tools
- Task chunking worksheets
- Monthly + budget + meal plan
- 20 pages, undated

Get it on Etsy:

etsy.com/listing/4601520894

ADHD Dutch Door Planner | Printable PDF