FREE STARTER PACK

DUTCH DOOR PLANNER

Weekly | Daily | Habit Tracker

with the famous Dutch-door cut flaps

8 FREE PRINTABLE PAGES

Print at home | Cut the flaps | Plan forever

Love it? The full 20-page planner is on Etsy.

WHAT IS A DUTCH DOOR?

Your 5-minute setup guide

1. PRINT

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

2. SEE THE FLAP

The Habit Tracker page has a dashed CUT HERE line - that is the Dutch door.

3. CUT THE FLAP

Cut along the dashed line with scissors. The narrow strip stays visible all week.

4. PUNCH & BIND

Hole-punch the full pages for your binder or discbound system.

5. PLAN DAILY

Flip your daily pages while habits stay in view - no more lost trackers.

The Dutch-door trick:

Cut pages shorter so the important stuff
peeks out behind every page you turn.

WEEKLY OVERVIEW

One glance at your whole week

WEEK OF: _____

MONDAY	Top 3:
TUESDAY	Top 3:
WEDNESDAY	Top 3:
THURSDAY	Top 3:
FRIDAY	Top 3:
SATURDAY	Top 3:
SUNDAY	Top 3:

WEEKLY SCHEDULE

Hourly plan for each day

WEEK OF: _____

	MON	TUE	WED
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			

WEEKLY SCHEDULE

Hourly plan for each day

WEEK OF: _____

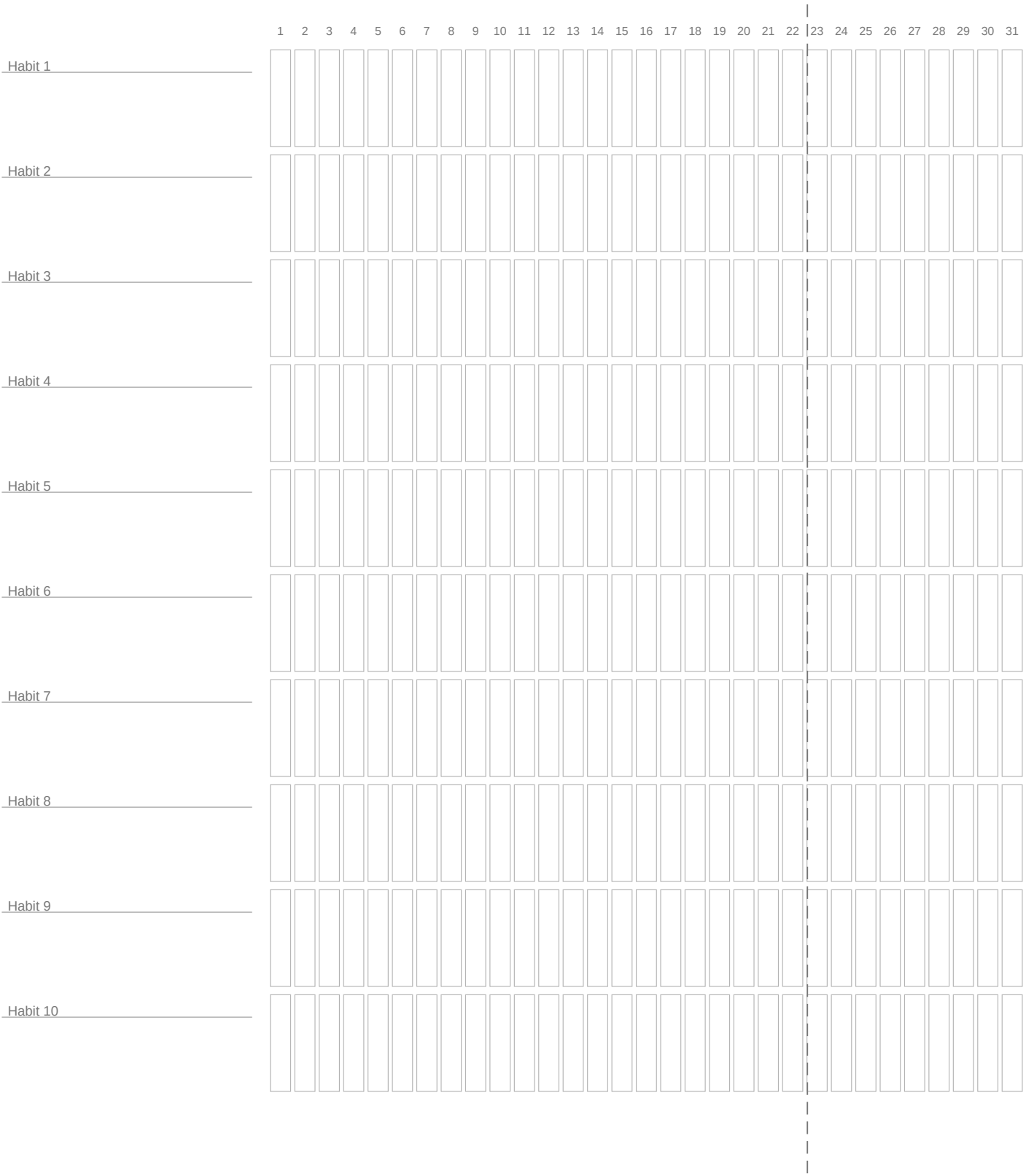
	THU	FRI	SAT	SUN
7 AM				
8 AM				
9 AM				
10 AM				
11 AM				
12 PM				
1 PM				
2 PM				
3 PM				
4 PM				
5 PM				
6 PM				
7 PM				
8 PM				
9 PM				

HABIT TRACKER

Cut along the dashed line to make your Dutch-door flap

MONTH: _____

CUT HERE



Cut this strip, fold it back - your Dutch-door flap.

TASKS & PRIORITIES

Capture everything, then prioritize

MUST DO TODAY

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

SHOULD DO

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

IF TIME ALLOWS

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

Want the Full Planner?

This free pack is just the beginning.

The complete 20-page Dutch Door Planner adds:

- Monthly calendar + goals pages
- Daily schedule with time blocking
- Budget + meal plan pages
- Brain-dump & project planners
- Lined + dot-grid notes

Get it on Etsy:

etsy.com/listing/4601520894

ADHD Dutch Door Planner | Printable PDF