FREE PRINTABLE

DUTCH DOOR
WEEKLY SPREAD

Week at a glance | Daily time blocks

with Dutch-door cut guides

7 FREE PRINTABLE PAGES

Print at home | Cut | Reuse weekly

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				

WEEKLY HABIT TRACKER

Small steps every day

WEEK OF: _____

	M	T	W	T	F	S	S

WEEKLY WINS: _____

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 Planner?

This free pack is just the beginning.

The complete 20-page planner adds:

- Monthly calendar + goals
- Daily + brain dump pages
- Budget + meal plan
- Habit trackers with cut guides
- 20 pages, undated

Get it on Etsy:

etsy.com/listing/4601520894

ADHD Dutch Door Planner | Printable PDF