

ADHD Bill and Admin Due-Date Tracker

Every bill, form and renewal in one row each. One admin block, once a week.

Item	Due date	Amount	Paid	Next action
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CIRCLE THE MONTHS EACH ITEM REPEATS

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

One admin block, once a week. Open the mail, put it in a row, close the folder.