

ADHD Low-Energy Day Plan

Fill this in once on a good day. On a bad day, you only have to read it.

BARE MINIMUM TODAY

The three smallest things that still count as the day happening.

IF I GET A BIT MORE

One step up, not the full list.

COMING BACK UP

What you pick up again when the fog lifts.

SAY IT OUT LOUD IF IT HELPS

Today I am doing the small version.

I am not behind, I am recalibrating.

The next thing is one small thing.

ONE-TOUCH RESET

☐ water ☐ one surface cleared ☐ five minutes outside