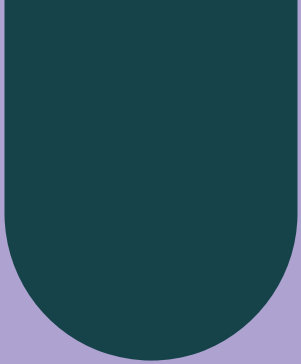




ADHD



Weekly Time
Management &
Task Tracker

The ADHD Clinic

by **SHIFT**COLLAB

ADHD Time Management & Task Tracker

Use this tracker to organize your tasks for the week. Each task can be categorized to help you recognize where your time is going and how you're balancing priorities. Note who or what might support you in getting things done, and check off tasks as you complete them. Your goals and hard work in therapy will help you develop tailored skills and strategies to help you be effective where it matters to you.

MONDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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TUESDAY

Task Name	Category (Work/Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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WEDNESDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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THURSDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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FRIDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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SATURDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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SUNDAY

Task Name	Category (Work/ Personal / Admin / Health / Social)	Support (who/what do you need? What skill would help?)	Completed (Y/N)

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WEEKLY REFLECTION

1.

What went *well*?



2.

Where did you feel stuck,
overwhelmed, bored, or
experienced decision paralysis?



3.

What patterns did you notice?

