

2024

ADHD

PLANNER FOR KIDS



This Book Belongs To

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

BIRTHDAY TRACKER

January

February

March

April

May

June

July

August

September

October

November

December

IMPORTANT DATE

January

February

March

April

May

June

July

August

September

October

November

December

DAILY ROUTINE

In The Morning

In The Afternoon

In The Evening

WEEKLY ROUTINE

Week:_____

[illegible]

MONTHLY ROUTINE

Routine	J	F	M	A	M	J	J	A	S	O	N	D

Notes

DAILY SCHEDULE

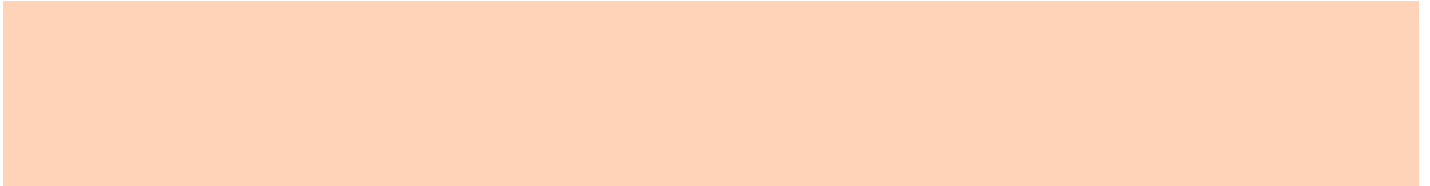
Schedule	To-Do
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	
24:00	

WEEKLY SCHEDULE

Monday



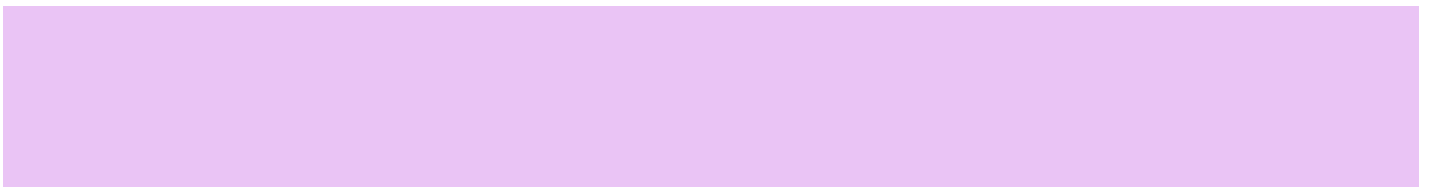
Tuesday



Wednesday



Thursday



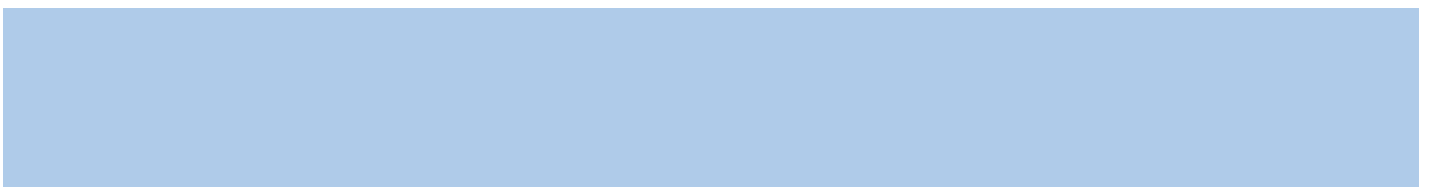
Friday



Saturday



Sunday



DAILY CHECKLIST

Starting Date	Ending Date	Details

Notes

SPECIAL DATES

January

February

March

April

May

June

July

August

September

October

November

December

WEEKLY GOALS

Goals For The Week

Tasks To Accomplish

This Week's Priorities

WEEKLY GRATITUDE

Affirmations

This Week I Am Grateful For

I Thank Myself Because

What Would Have Made The Week Better?

Highlight Of The Week

MONDAY

Date:

Daily Schedule

6:00 AM
7:00 AM
8:00 AM
9:00 AM
10:00 AM
11:00 AM
12:00 AM
1:00 PM
2:00 PM
3:00 PM
4:00 PM
5:00 PM
6:00 PM
7:00 PM
8:00 PM
9:00 PM
10:00 PM
11:00 PM
12:00 PM

Mood



Weather



Water



Meal

Breakfast:
Lunch:
Dinner:

To-Do

Notes

TUESDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

WEDNESDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

THURSDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

FRIDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

SATURDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

SUNDAY

Date:

Daily Schedule

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 AM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 PM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

MY WEEK AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Notes

[illegible]

MARCH

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Self-care

Notes

[illegible]

A P R I L

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Self-care

Notes

[illegible]

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes

[illegible]

JUNE

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Self-care

Notes

[illegible]

2024

[illegible]

2024

[illegible]

SEPTEMBER

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Self-care

Notes

[illegible]

2024

[illegible]

NOVEMBER

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Self-care

Notes

[illegible]

DECEMBER

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Self-care

Notes

[illegible]

YEARLY PLANNER

January

February

March

April

May

June

July

August





















September




















October

November

December

THINGS TO DO

POSITIVE AFFIRMATIONS

I Believe in myself

I Deserve to be happy

I am good enough

I can achieve anything i want

MOOD TRACKER

The Many Moods
Of Me













BRAIN DUMP

A large, empty blue rounded rectangle with rounded corners, occupying the majority of the page below the title. It is intended for a 'brain dump' or free writing exercise.

30 DAY CHALLENGE

Challenge Name:

Start Date:

End Date:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

This image shows a full page of a document template. It consists of a white background with approximately 20 evenly spaced, horizontal blue dashed lines running across the entire width of the page. There are no margins, text, or other markings present.

BIRTHDAY CHART

January	February	March
April	May	June
July	August	September
October	November	December

CHORE CHART

[illegible][illegible]

DAILY CHORE CHART

Daily Tasks	Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes

WEEKLY CHORE CHART

Week of:

Zone	Chores
Floors	
Bathroom	
Kitchen	
Bedroom 1	
Bedroom 2	
Master's	

CLEANING TASKS

[illegible]

KIDS DAILY MEALS

Monday



Tuesday



Wednesday



Thursday



Friday



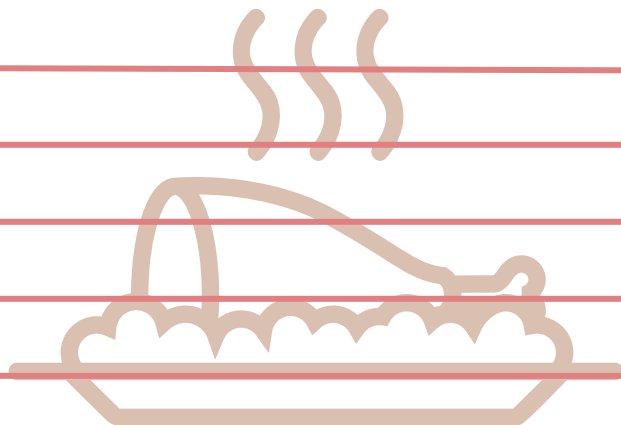
Saturday



Thursday



Note



DAILY MEAL PLANNER

[illegible]

MEAL PLANNER

[illegible]

MEAL TRACKER

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

STUDY PLANNER

[illegible]

STUDY TASK LIST

Subject

Subject

Subject

Subject

Subject

Subject

GRADE TRACKER

Class: _____

[illegible]

HOMEWORK TRACKER

Month:

Week:

Monday

Tuesday

Wednesday

Thursday

Friday

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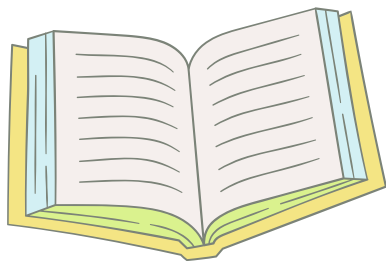
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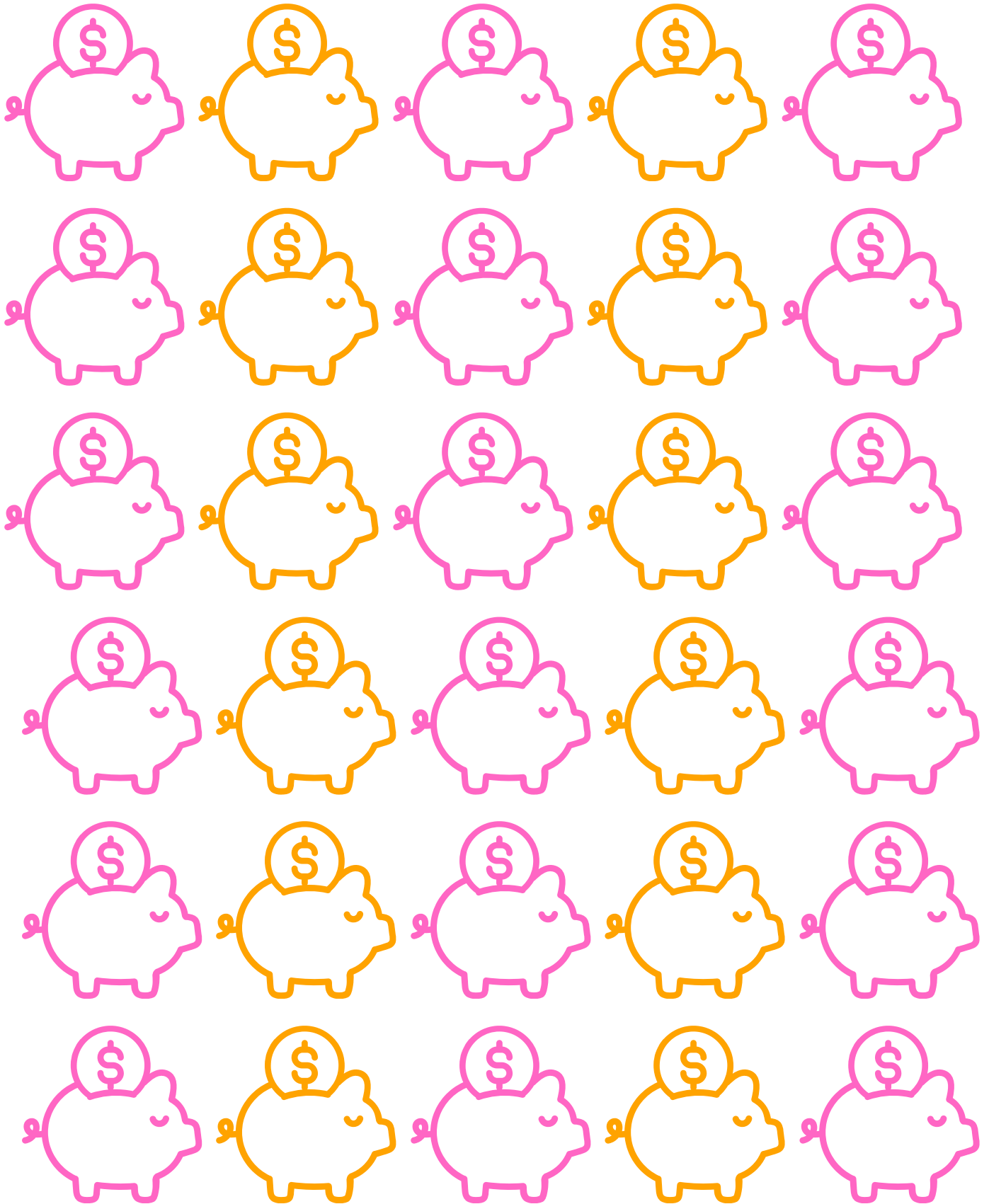
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TOP BOOK



NO SPEND TRACKER



HOLIDAY MEMORIES

Day 1



Day 2



Day 3



PICTURE DICTIONARY



This image shows a full page of white paper with horizontal blue dashed lines. The lines are evenly spaced and run across the entire width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.

YEAR AT GLANCE

January

February

March

April

May

June

July

August

September

October

November

December

FAVORITE QUOTES

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TO DO LIST

Must Do

Should Do

Could Do

If Have Time

EXPENSE TRACKER

[illegible]

[illegible]

IMPORTANT NOTES

[illegible]

*Thank
You*