

Weekly Planning Tool for ADHD Parents

This tool simplifies recurring parenting tasks into short, visible actions. Use it to track logistics, schoolwork, hygiene, activities and emotional connection.

Daily Checklist (tick once per day):

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
School bag packed night before	■	■	■	■	■	■	■
Lunch/snack sorted (if needed)	■	■	■	■	■	■	■
Homework supervised (start + check)	■	■	■	■	■	■	■
Activity or sport prepared/logged	■	■	■	■	■	■	■
Medication or supplements given	■	■	■	■	■	■	■
Morning hygiene complete	■	■	■	■	■	■	■
Evening hygiene complete	■	■	■	■	■	■	■
One moment of connection (talk/play)	■	■	■	■	■	■	■

Weekly Planning (every Sunday):

- Weekly meals sketched or saved
- School calendar updated (trips, tests, reminders)
- Extra-curricular and sport kit checked/prepared
- Communication with teacher/school done (if needed)
- Therapy / support appointments confirmed or updated
- Transport logistics for the week reviewed (pickups, playdates, etc.)
- Visuals or routines updated (if used)
- Family admin (forms, notices, payments) handled

Notes:
