



## ADHD To-Do List Template

Date: \_\_\_\_\_

Color Coding	<ul style="list-style-type: none"><li>• <b>Red:</b> Important tasks for today.</li><li>• <b>Green:</b> Low-priority tasks for later.</li></ul>
App/Tools	<ul style="list-style-type: none"><li>• <b>App:</b> CareClinic App (Use for reminders and tracking tasks)</li><li>• <b>Tool:</b> Alarm Clock</li></ul>

### Top Priorities (Highlight in Red)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Secondary Tasks (Highlight in Green)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Smaller Tasks

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Due Dates

- Task: \_\_\_\_\_ Due Date: \_\_\_\_\_
- Task: \_\_\_\_\_ Due Date: \_\_\_\_\_
- Task: \_\_\_\_\_ Due Date: \_\_\_\_\_

*Set Reminders. Tip: Use the tools for this.*



**Notes:**

*Brain Dump: Write down everything in your mind.*

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Downloaded from <https://careclinic.io/>, get the digital app from <https://careclinic.app.link/forms> or scan this QR code with your camera:

