



ADHD PLANNER

FOR KIDS

2025



This Book Belongs To



2025

C A L E N D A R

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		

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	9	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				

HOLIDAYS 2025

Date	Holidays
Jan 1	New Year's Day
Jan 20	Martin Luther King Jr. Day
Feb 14	Valentine's Day
Feb 17	Presidents' Day
Mar 17	St. Patrick's Day
Apr 20	Easter Sunday
Apr 21	Easter Monday
Apr 15	Tax Day
May 5	Cinco de Mayo
May 11	Mother's Day
May 26	Memorial Day
Jun 14	Flag Day
Jun 15	Father's Day
Jun 16	Juneteenth
Jul 4	Independence Day
Sep 1	Labor Day
Oct 13	Columbus Day
Oct 31	Halloween
Nov 4	Election Day
Nov 11	Veterans Day
Nov 27	Thanksgiving Day
Nov 28	Black Friday
Dec 25	Christmas Day

BIRTHDAY TRACAR

January

February

March

April

May

June

July

August

September

October

November

December

IMPORTANT DATES

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

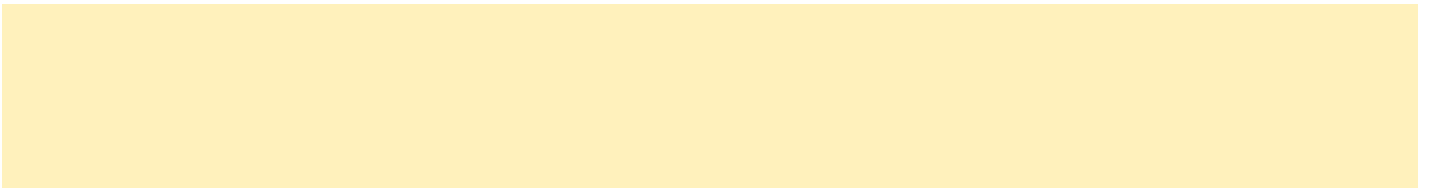
Monday



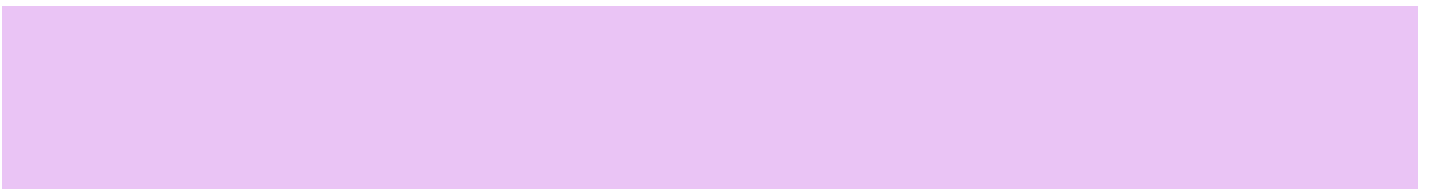
Tuesday



Wednesday



Thursday



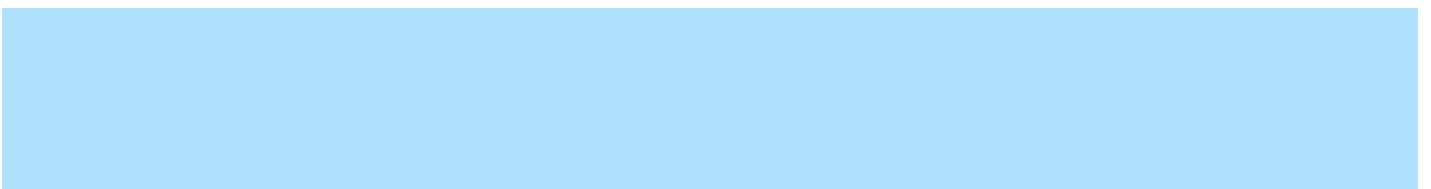
Friday



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 PM

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 AM

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 PM

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 AM

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 PM

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 AM

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 PM

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 AM

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 PM

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 AM

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 PM

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 AM

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 PM

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 AM

Mood



Weather



Water



Meal

Breakfast:

Lunch:

Dinner:

To-Do

Notes

MY WEEK AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

A large, light pink oval with a thin white border serves as the background for the text. It is decorated with clusters of pink flowers and green leaves in the top-right and bottom-left corners. The flowers have multiple layers of petals and dark pink centers. The leaves are green and pointed, with some brown stems and buds interspersed.

Monthly Planner

2025

[illegible]

FEBRUARY

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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		

Self-care

Notes

[illegible]

MARCH

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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]

2025

[illegible]



2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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]

2025

[illegible]

2025

[illegible]

2025

[illegible]

SEPTEMBER

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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]

OCTOBER

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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]

NOVEMBER

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 serves as a designated space for a 'brain dump' or free writing.

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

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 Bedroom	

CLEANING TASKS

[illegible]

KIDS DAILY MEALS

Monday



Tuesday



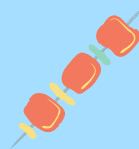
Wednesday



Thursday



Friday



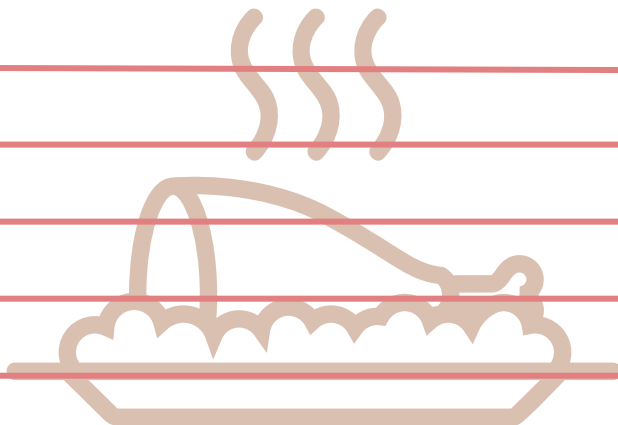
Saturday



Sunday



Note



DAILY MEAL PLANNER

Breakfast

Snacks

Lunch



Notes

Dinner

Fruits

Vegetables

MEALPLANNER

[illegible]

MEAL TRACKER

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

STUDY PLANNER

[illegible]

STUDY TASK LIST

Subject

☐

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Subject

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Subject

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GRADE TRACKER

Class: _____

[illegible]

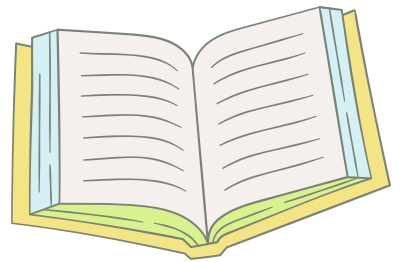
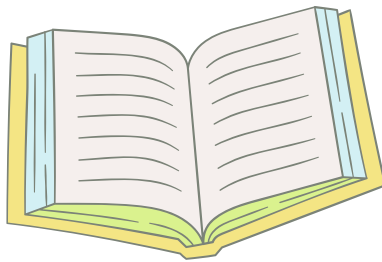
HOMEWORK TRACKER

Month:

Week:

Monday	Tuesday	Wednesday	Thursday	Friday

TOP BOOK

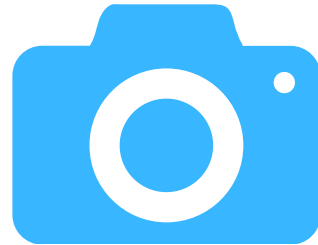


NO SPEND TRACKER



HOLIDAY MEMORIES

Day 1



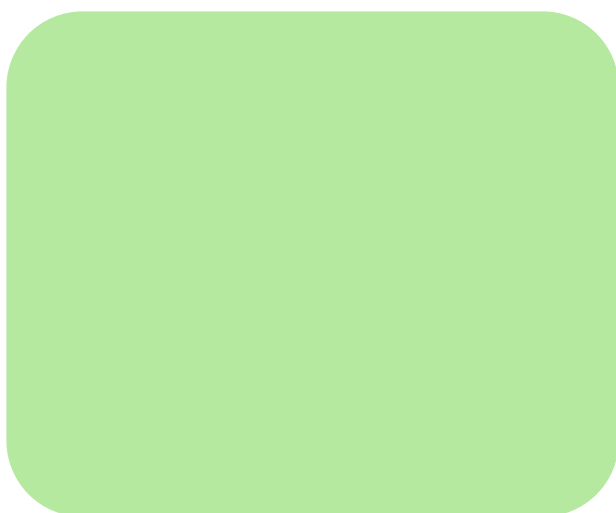
Day 2



Day 3



PICTURE DICTIONARY



MOST USED PHRASES

Handwriting practice lines consisting of 18 horizontal dashed blue lines.

YEAR AT GLANCE

January

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February

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March

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April

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May

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June

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July

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August

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September

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October

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November

--

December

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FAVORITE QUOTES

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TO DO LIST

Must Do

Should Do

Could Do

If I Have Time

EXPENSE TRACKER

[illegible]

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

[illegible]

NOTES

[illegible]

