

Tashi  
NON-STOP

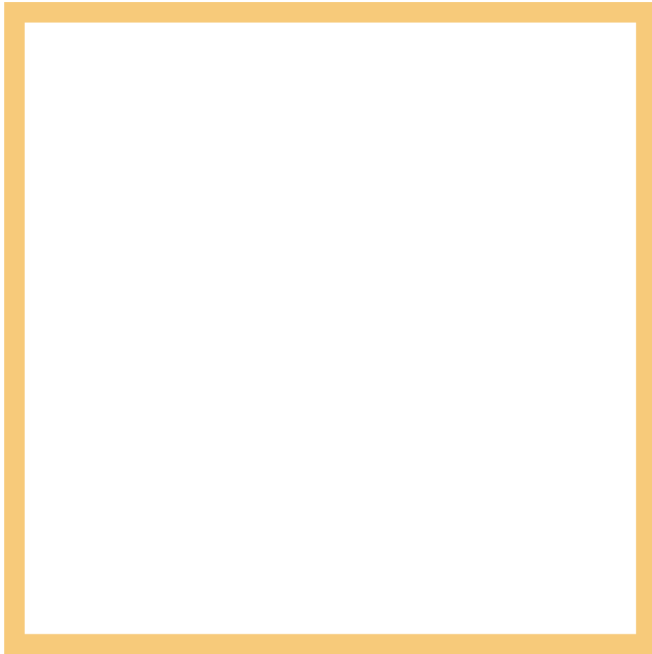
# ADHD PLANNER for Kids

2026 Edition



Where imagination never stops  
and every mind shines!

# All About Me



Name:

Fun Facts About me

Age:

Birthday:

My Favorite ...

Food:

Color:

Pet:

Movie:

Sports:

Subject:

When I grow up I want to be ...

# Calendar 2026

## JANUARY

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 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

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 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 |    |    |    |

# January 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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       |

| TO DO |  |
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| NOTE |
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# February 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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       |
|        |        |         |           |          |        |          |

| TO DO |  |
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| NOTE |
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# March 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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      |           |          |        |          |

| TO DO |  |
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| NOTE |
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# April 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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       |        |          |

| TO DO |  |
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| NOTE |
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# May 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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     |        |         |           |          |        |          |

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**NOTE**

# June 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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      |           |          |        |          |

| TO DO |  |
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| NOTE |
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# July 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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     |          |

| TO DO |  |
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| NOTE |
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# August 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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     |         |           |          |        |          |

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NOTE

# September 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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        |          |        |          |

| TO DO |  |
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| NOTE |
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# October 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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       |

| TO DO |  |
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| NOTE |
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# November 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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     |         |           |          |        |          |

| TO DO |  |
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| NOTE |
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|      |

# December 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | 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       |        |          |

| TO DO |  |
|-------|--|
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| NOTE |
|------|
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# School Planner

TOPICS

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REMINDER



NOTES



WISHLIST

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A large yellow rounded rectangle at the bottom of the page, likely a space for additional notes or a summary.

# Class Planner

WEEKLY SCHEDULE

MON

TUES

WED

THURS

FRI

NOTES

# Daily Schedule

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



Notes:

06.00 \_\_\_\_\_  
07.00 \_\_\_\_\_  
08.00 \_\_\_\_\_  
09.00 \_\_\_\_\_  
10.00 \_\_\_\_\_  
11.00 \_\_\_\_\_  
12.00 \_\_\_\_\_  
13.00 \_\_\_\_\_  
14.00 \_\_\_\_\_  
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17.00 \_\_\_\_\_  
18.00 \_\_\_\_\_  
19.00 \_\_\_\_\_  
20.00 \_\_\_\_\_  
21.00 \_\_\_\_\_  
22.00 \_\_\_\_\_

Goals:

|                          |       |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

BREAKFAST:

LUNCH:

DINNER:

DRINK WATER:





# Weekly Schedule

MON

TUE

WED

THU

FRI

SAT

SUN

|       |  |  |  |  |  |  |  |
|-------|--|--|--|--|--|--|--|
| 6:00  |  |  |  |  |  |  |  |
| 7:00  |  |  |  |  |  |  |  |
| 8:00  |  |  |  |  |  |  |  |
| 9:00  |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 1:00  |  |  |  |  |  |  |  |
| 2:00  |  |  |  |  |  |  |  |
| 3:00  |  |  |  |  |  |  |  |
| 4:00  |  |  |  |  |  |  |  |
| 5:00  |  |  |  |  |  |  |  |
| 6:00  |  |  |  |  |  |  |  |
| 7:00  |  |  |  |  |  |  |  |
| 8:00  |  |  |  |  |  |  |  |
| 9:00  |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |

# Daily Planner



A pink rounded rectangle with dashed lines for writing, decorated with small yellow hearts.

Priorities :

A light blue circle with a purple tab at the top, labeled "Priorities:", and a small plant illustration on the right side.

Reminder :

A light blue rectangle with a yellow tab at the top, labeled "Reminder:", and a small plant illustration on the right side.

Note :

A white rectangle with a purple border, labeled "Note:".

My List

A yellow rectangle with a blue polka-dot tab at the top, labeled "My List", and a spiral binding on the left side.

# Weekly Plan

## TODAY'S FOCUS

## PRIORITIES



## To Do

## NOTES

## DATES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Kids Checklist To Do List

- ☐ Wake up early
- ☐ Brush Teeth
- ☐ Brush Hair
- ☐ Make a bed
- ☐ Get Dressed
- ☐ Clean Room
- ☐ Finish Homework
- ☐ Feed / Water pet
- ☐ Empty Dishwasher
- ☐ Take a nap







## Saving Goal:



# Weekly Study Planner

| TIME     | MONDAY | TUESDAY | WEDNESDAY |
|----------|--------|---------|-----------|
| 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  |        |         |           |

| TIME     | THURSDAY | FRIDAY | NOTE     |
|----------|----------|--------|----------|
| 9:00 AM  |          |        |          |
| 10:00 AM |          |        |          |
| 11:00 AM |          |        |          |
| 12:00 PM |          |        |          |
| 1:00 PM  |          |        |          |
| 2:00 PM  |          |        | HOMEWORK |
| 3:00 PM  |          |        |          |
| 4:00 PM  |          |        |          |
| 5:00 PM  |          |        |          |

# Contact List

COMPANY :

NAME :

PHONE :

EMAIL :

ADDRESS :

COMPANY :

NAME :

PHONE :

EMAIL :

ADDRESS :

COMPANY :

NAME :

PHONE :

EMAIL :

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COMPANY :

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COMPANY :

NAME :

PHONE :

EMAIL :

ADDRESS :



Total: \_\_\_\_\_

[illegible][illegible]

# Home Reading Tracker

## PARENT-CHILD ACTIVITY

[illegible]

# Doctor Visits

DATE :

TIME :

PATIENT :

AGE :

HOSPITAL :

HEIGHT :

DOCTOR :

WEIGHT :

CONTACT INFO :

HEART RATE :

LOCATION :

BLOOD PRESSURE :

REASON FOR VISIT

DOCTOR'S COMMENTS

PRESCRIPTION & INSTRUCTIONS

FOLLOW UP



DATE :

TIME :

# to do list

DATE:

## MUST DO

☐☐☐☐☐☐

## SHOULD DO

☐☐☐☐☐☐

## COULD DO

☐☐☐☐☐☐

## IF I HAVE TIME

☐☐☐☐☐☐

# Weekly Goal Plan

DATE : .....

WEEKLY GOAL

SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TOP PRIORITY :

NOTES :

# GRATITUDE JOURNAL

S M T W T F S

DATE:

TODAY, I'M GRATEFUL FOR:

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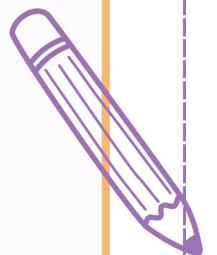
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TODAY'S AFFIRMATION:

SOMETHING I'M PROUD OF:

THINGS I AM LOOKING FORWARD:

WATER INTAKE:



# Pet Care Planner

MEALS

MORNING ☐ GOOD ☐ FAIR ☐ POOR

EVENING ☐ GOOD ☐ FAIR ☐ POOR

TREATS

\_\_\_\_/\_\_\_\_/\_\_\_\_

M T W T F S S

● ● ● ● ● ● ●

OUR DAY WAS

☐ GOOD ☐ FAIR ☐ POOR

| OUTSIDE TIME |        |
|--------------|--------|
| TIME         | LENGTH |
|              |        |
|              |        |
|              |        |

| SLEEP TIME |        |
|------------|--------|
| TIME       | LENGTH |
|            |        |
|            |        |
|            |        |

| POTTY ITEM |     |      |
|------------|-----|------|
|            | WET | B.M. |
|            | WET | B.M. |
|            | WET | B.M. |
|            | WET | B.M. |

| OVERALL MOOD |  |
|--------------|--|
|              |  |
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| ACTIVITY | LENGTH | MEDICINE | TIME | DOSAGE |
|----------|--------|----------|------|--------|
|          |        |          |      |        |
|          |        |          |      |        |
|          |        |          |      |        |
|          |        |          |      |        |
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|          |        |          |      |        |

SUPPLIES NEEDED

NOTES

## MEALS

MORNING ○ GOOD ○ FAIR ○ POOR

EVENING    ☐ GOOD    ☐ FAIR    ☐ POOR

## TREATS

M T W T F S S

OUR DAY WAS

☐ GOOD ☐ FAIR ☐ POOR

OUR DAY WAS

☐ GOOD ☐ FAIR ☐ POOR

| OUTSIDE TIME |        |
|--------------|--------|
| TIME         | LENGTH |
|              |        |
|              |        |
|              |        |

TIME

## LENGTH

| SLEEP TIME |        |
|------------|--------|
| TIME       | LENGTH |
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|            |        |
|            |        |

## TIME

LENGTH

| POTTY ITEM |     |      |
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|            | WET | B.M. |
|            | WET | B.M. |
|            | WET | B.M. |
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| WET | B.M. |
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| OVERALL MOOD |
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## ACTIVITY

| LENGTH | MEDICINE |
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TIME

## DOSAGE

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# Pet Information



NAME:

AGE:

SEX:

BREED:

MICROCHIP #:

OWNER'S #:

ADDRESS:

## VET'S CONTACT

NAME:

PHONE #:

HOSPITAL ADDRESS:

## EMERGENCY HOSPITAL

HOSPITAL:

PHONE #:

HOSPITAL ADDRESS:

## SHELTER/BREEDER CONTACT

NAME:

PHONE #:

ADDRESS:

## GROOMER'S CONTACT

NAME:

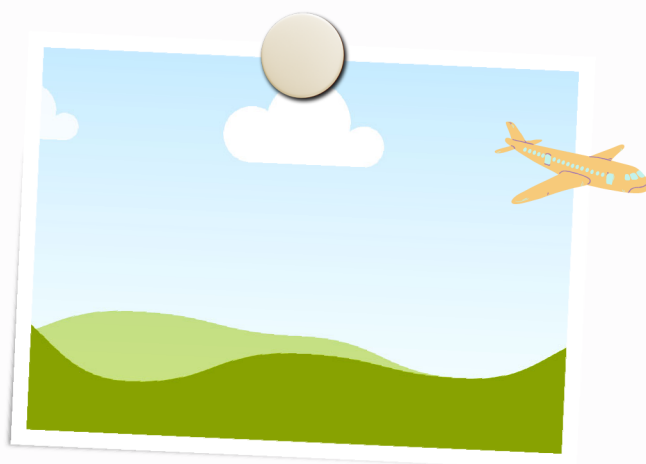
PHONE #:

HOSPITAL ADDRESS:



# Holiday Planner

DATE : \_\_\_\_\_



## PACKING LIST

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## ACTIVITY LIST

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## PLACES TO GO



|   |   |
|---|---|
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| • | • |

## NOTE



# Daily Study Plan

DATE

TODAY SUBJECT

STUDY SESSION GOAL



7-8 AM

8-9 AM

9-10 AM

10-11 AM

11-12 AM

12-1 PM

1-2 PM

2-3 PM

3-4 PM

4-5 PM



TASKS

TIMES



# Year at a Glance

January

A blank calendar window for January, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

February

A blank calendar window for February, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

March

A blank calendar window for March, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

April

A blank calendar window for April, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

May

A blank calendar window for May, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

June

A blank calendar window for June, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

July

A blank calendar window for July, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

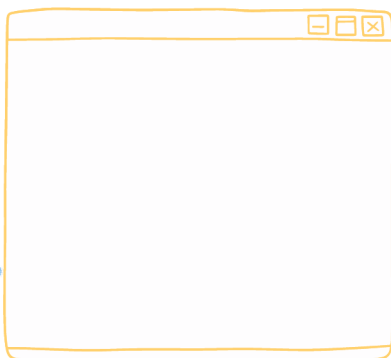
August

A blank calendar window for August, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

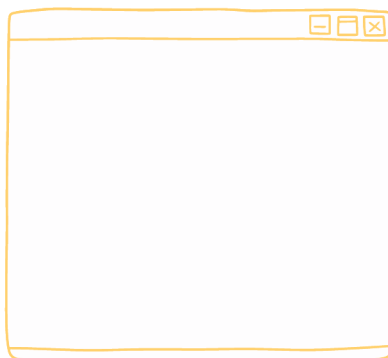
September

A blank calendar window for September, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

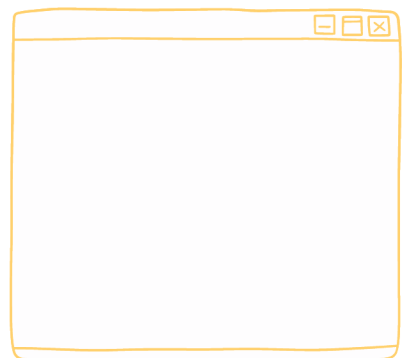
October

A blank calendar window for October, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

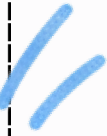
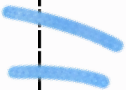
November

A blank calendar window for November, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

December

A blank calendar window for December, featuring a light blue header bar and a white body with a faint grid pattern. The window has a yellow border and three small square icons in the top right corner.

# My Bucketlist





# Creativity

## 30 Day Challenge

|                     |                        |                           |                              |                   |
|---------------------|------------------------|---------------------------|------------------------------|-------------------|
| Tidy your workspace | Take a different route | Read a nonfiction book    | Start a dream journal        | Go to bed earlier |
| Watch film          | Try a new cuisine      | Listen to classical music | Plan a holiday               | Practice yoga     |
| Try a DIY Project   | Watch the sunrise      | No phone day              | Self care day                | Try a DIY Project |
| Stretch             | Read a book            | Explore a new city        | Go outside your comfort zone | Make moodboard    |
| Go to bed earlier   | Start a new hobby      | Make time for exercise    | Read a newspaper             | Watch the sunset  |
| Visit a museum      | Learn a new skill      | Create your ideal future  | Do nothing                   | Go outside        |

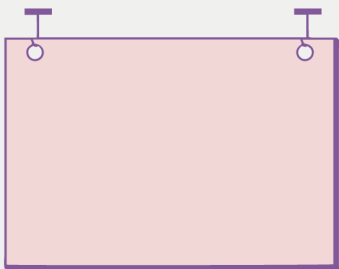
# School Timeable

Name: \_\_\_\_\_

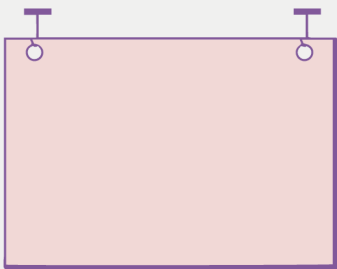
Class: \_\_\_\_\_

Semester: \_\_\_\_\_

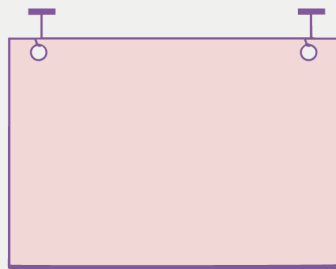
Monday



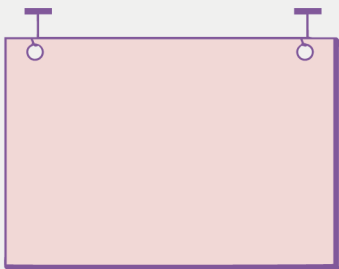
Tuesday



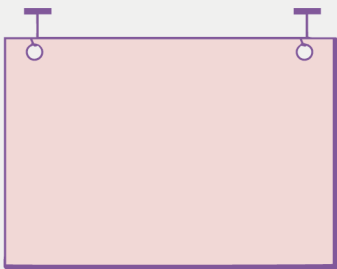
Wednesday



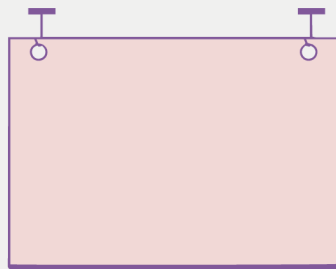
Thursday



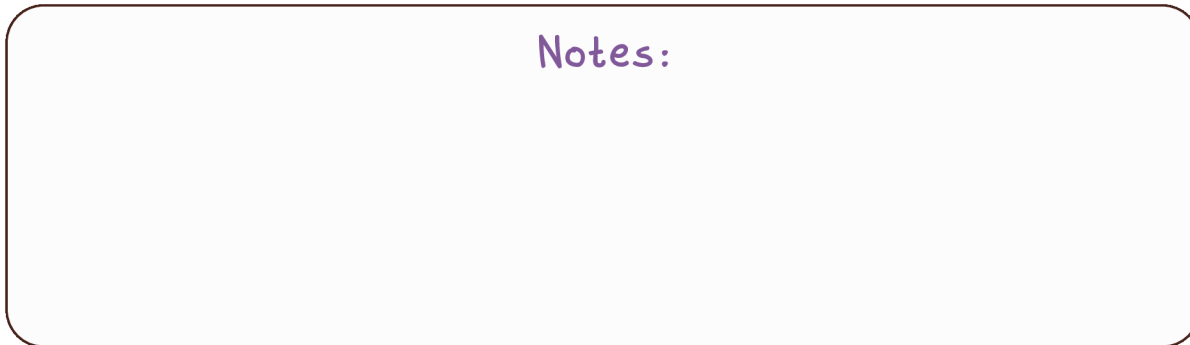
Friday



Saturday



Notes:



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

Day: \_\_\_\_\_

# My Notes

[illegible]

# Wellness Journal

DATE:

WEEK:

WHAT DO I FEEL AT  
THIS MOMENT?

HOW CAN I IMPROVE  
MY WELL-BEING?

WHAT SHOULD I DO IF I FEEL OVERWHELMED?

WHAT AM I THANKFUL FOR RIGHT NOW?



[illegible]

DATE:

S M T W T F S

# Daily Meal Planner

## BREAKFAST MENU

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## LUNCH MENU

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## DINNER MENU

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## DAILY NOTES

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# Food Tracker

| DAY | BREAKFAST | LUNCH | DINNER | SNACK |
|-----|-----------|-------|--------|-------|
| SUN |           |       |        |       |
| MON |           |       |        |       |
| TUE |           |       |        |       |
| WED |           |       |        |       |
| THU |           |       |        |       |
| FRI |           |       |        |       |
| SAT |           |       |        |       |

WATER INTAKE

8 glasses of water

FRUIT / VEGETABLE

8 pieces of fruit/vegetable

NOTES



# Cleaning Schedule



## DAILY

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## WEEKLY



## BI-WEEKLY



## FOCUS AREA

- OUTSIDE
- KITCHEN
- BATHROOM
- LIVING ROOM
- DINING ROOM
- BEDROOM
- FAMILY ROOM
- PLAY ROOM
- LAUNDRY

## MONTHLY



## BI-MONTHLY



# Daily Routine

| Daily responsibility   | m | t | w | th | f | st | s |
|------------------------|---|---|---|----|---|----|---|
| Breakfast              |   |   |   |    |   |    |   |
| Check-in with school   |   |   |   |    |   |    |   |
| Snack                  |   |   |   |    |   |    |   |
| Check-in with school   |   |   |   |    |   |    |   |
| Lunch                  |   |   |   |    |   |    |   |
| After-school class     |   |   |   |    |   |    |   |
| Watch tv or go outside |   |   |   |    |   |    |   |
| Dinner                 |   |   |   |    |   |    |   |
| Bath time              |   |   |   |    |   |    |   |
| Bed time               |   |   |   |    |   |    |   |

Cleaning Time

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☐

Learn something new

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☐

Note :

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# Study Planner

DATE

MO TU WE TH FR SA SU

## STUDY HOURS

| EXPECTED | HOUR | MINUTES |
|----------|------|---------|
| ACTUAL   | HOUR | MINUTES |

## TODAYS SUBJECT

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## DEADLINES

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## STUDY PROGRESS

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## TIME TABLE

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## GOALS

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## NOTES & DOODLES

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# School Timetable

DATE

CLASS:

SEMESTER:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY





Year:

3



# Homework Tracker

DEADLINE:

TASK

STATUS

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

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DEADLINE

TASK

STATUS

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

○ \_\_\_\_\_ ○

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# My Reading Tracker

| MO | TU | WE | TH | FR | ST | SU |
|----|----|----|----|----|----|----|
|----|----|----|----|----|----|----|

1

8

15

22

29

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| MO | TU | WE | TH | FR | ST | SU |
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KEEP PAGES

☐ 5-20 PAGES

☐ 30-40 PAGES

☐ 20-30 PAGES

☐ 40+ PAGES

KEY TAKEAWAYS

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QUOTE

# Reading Notes

BOOKS TITLE

NOTES:

LEARNING POINTS:

BOOKS TITLE

NOTES:

LEARNING POINTS:

BOOKS TITLE

NOTES:

LEARNING POINTS:

IMPORTANT THINGS



# BRAIN DUMP

GRATITUDE

HOME

WORK

PERSONAL

PROJECTS

OTHERS

NOTES

# Weekly Goals

Date :

Goal

Skips to Tube

Mon

Tue

Wed

Thu

Fri

Sat

Sun



# Things To Do

TO DO

PRIORITY

DATE : \_\_\_\_\_

- |                          |       |     |
|--------------------------|-------|-----|
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |
| <input type="checkbox"/> | _____ | ○○○ |

LEAVE FOR LATER

NO NEED TO DO IT

NOTES

SHOPPING LIST:

# Birthday Party Planner

## Party Schedule

16:00

17:00

18:00

19:00

20:00

21:00

## Date & Time

## Party Overview

Theme:

Dress Code:

Location:

## Guest List

## Important Note





# Grateful

SHARE YOUR ACHIEVEMENTS OF THE DAY

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THREE GOOD THINGS OF THE DAY

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GRATITUDE TO A PERSON

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QUOTE OF THE DAY

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# Weekly Chores

| Daily responsibility   | m                        | t                        | w                        | th                       | f                        | st                       | s                        |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Breakfast              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Check-in with school   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Snack                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Check-in with school   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lunch                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| After-school class     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Watch tv or go outside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dinner                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bath time              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bed time               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

YOU GOT THIS!

# wellness tracker

## SELF-CARE ACTIVITY

S M T W T F S

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## SLEEP TRACKER

TIME SLEPT

HOURS SLEPT

ENERGY LEVEL

S

⚡ ⚡ ⚡ ⚡ ⚡

M

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## GRATITUDE LIST

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## HABIT TRACKER

S M T W T F S

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# Habit Tracker

| WHAT I DO                   | Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      |
|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Drink water after waking up | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do a small exercise         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take a shower               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat a healthy breakfast     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hangout with friends        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do house chores             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write in my journal         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cook dinner                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Read my favorite book       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do skincare routine         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| REWARD OF THE MONTH         | SELF-REFLECTION NOTE     |                          |                          |                          |                          |                          |                          |
|                             |                          |                          |                          |                          |                          |                          |                          |



# CLASSROOM BIRTHDAYS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# Teacher Information

Photo

Name:

Phone:

E-mail:

School:

## Timeta

|     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-----|---|---|---|---|---|---|---|---|
| MON |   |   |   |   |   |   |   |   |
| TUE |   |   |   |   |   |   |   |   |
| WED |   |   |   |   |   |   |   |   |
| THU |   |   |   |   |   |   |   |   |
| FRI |   |   |   |   |   |   |   |   |

# Academic Calendar

AUGUST

.....

SEPTEMBER

[illegible]

OCTOBER

.....

NOVEMBER

This image shows a full page of primary-ruled paper. It features ten sets of horizontal lines across the page. Each set consists of a solid top blue line, a dashed middle blue line, and a solid bottom blue line, providing a guide for letter height and placement in handwriting practice. The margins are consistent on all sides.

DECEMBER

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JANUARY

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

FEBRUARY

[illegible]

MARCH

[illegible]

APRIL

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor discoloration or shadows, suggesting it's a physical scan. There is no handwriting or other markings on the paper.

MAY

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JUNE

.....

JULY

[illegible]

# Daily Planner

## To-do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_

## PRIORITY TASKS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S BIG GOALS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## NOTES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## APPOINTMENTS & MEETINGS

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S PRODUCTIVITY LEVEL





# Supply List

| PRODUCT | UNIT | PRICE |
|---------|------|-------|
| 1.      |      |       |
| 2.      |      |       |
| 3.      |      |       |
| 4.      |      |       |
| 5.      |      |       |
| 6.      |      |       |
| 7.      |      |       |
| 8.      |      |       |
| 9.      |      |       |
| 10.     |      |       |
| 11.     |      |       |
| 12.     |      |       |
| 13.     |      |       |
| 14.     |      |       |

# Attendance List

|    | STUDENT | MON | TUE | WED | THU | FRI |
|----|---------|-----|-----|-----|-----|-----|
| 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 |         |     |     |     |     |     |

# Homework Checklist

|    | STUDENT | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 |
|----|---------|--------|--------|--------|--------|--------|
| 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 |         |        |        |        |        |        |

# Parent Contact List

[illegible]

# Exam Revision

CLASS/MODULE:

EXAM DATE:

TOPICS:

UNDERSTANDING:



TO DO

DATE

REMARK

CLASS/MODULE:

EXAM DATE:

TOPICS:

UNDERSTANDING:



TO DO

DATE

REMARK

CLASS/MODULE:

EXAM DATE:

TOPICS:

UNDERSTANDING:



TO DO

DATE

REMARK

[illegible]

# Assignment Planner

CLASS:

DUE DATE:

ASSIGNMENT:

DONE

YES

NO

DETAILS

TO DO

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OVERVIEW

NOTES

# Essay Planner

TOPICS:

INTRODUCTION

MAINBODY

PARAGRAPH 1:

PARAGRAPH 2:

PARAGRAPH 3:

NOTES

CONCLUSION



# My School Project

WEEKLY SCHEDULE:

MATERIAL NEEDED:

RESOURCE:



Have you brushed  
your teeth  
today?

| DAY       | MORNING                  | EVENING                  |
|-----------|--------------------------|--------------------------|
| Sunday    | <input type="checkbox"/> | <input type="checkbox"/> |
| Monday    | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuesday   | <input type="checkbox"/> | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday  | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday    | <input type="checkbox"/> | <input type="checkbox"/> |
| Saturday  | <input type="checkbox"/> | <input type="checkbox"/> |

# Daily Schedule

## Evening Routine Before Bed



Cleaning The House



Bath



Help Mom Cook



Perform Worship



Study at Home



Sleep

# Morning Routine

- ☐ Wake up early.

---
- ☐ Drink a glass of water.

---
- ☐ Stretch and do some light exercise.

---
- ☐ Make your bed.

---
- ☐ Eat a nutritious breakfast.

---
- ☐ Take a shower and get dressed.

---
- ☐ Get organized for the day.

---
- ☐ Set goals and plan your day.

---

"HAVE A POSITIVE ATTITUDE  
AND ENJOY YOUR DAY!"

---

# Bedtime Routine

- ☐ Brush your teeth and floss
- ☐ Wash your face and remove makeup
- ☐ Change into comfortable sleepwear
- ☐ Dim the lights and turn off electronics
- ☐ Stretch or do some light exercise
- ☐ Set a relaxing atmosphere
- ☐ Read a book or listen to calming music
- ☐ Get into bed

# Daily Cleaning

## KITCHEN

- ☐ Wash the dishes
- ☐ Clean the sink
- ☐ Sweep/mop the floor
- ☐ Clean the fridge
- ☐ Organize the pantry and cabinets

## BATHROOMS

- ☐ Clean the toilet
- ☐ Clean the shower/tub
- ☐ Clean the floor
- ☐ Wipe down the mirror
- ☐ Replenish supplies

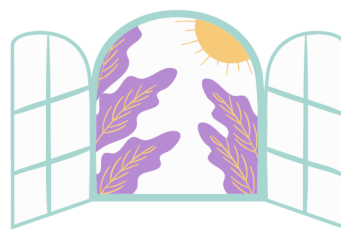
## LIVING AREAS

- ☐ Dust surfaces
- ☐ Vacuum or sweep the floor
- ☐ Clean up clutter
- ☐ Vacuum or spot-clean the furniture
- ☐ Fluff and straighten pillows and cushions

## BEDROOM

- ☐ Make the bed
- ☐ Dust surfaces
- ☐ Vacuum or sweep the floor
- ☐ Wipe down windows and mirrors
- ☐ Organize and declutter

# Gratitude Reminder



- I am thankful for



Three horizontal dashed lines for writing.

- I am grateful for

Three horizontal dashed lines for writing.

- Notes

A large, light purple rounded rectangle for writing notes.



"Move forward.  
Good things  
are up ahead."



# Motivational Journal



## MY MOTIVATION

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

## MY GOALS

☐☐☐

## NOTE



## QUOTES OF THE DAY



A blank, lined notebook page with a dashed border. The word "Notes" is written in a large, purple, cursive font at the top center. The page is filled with horizontal orange lines. The right edge of the page is decorated with a yellow star, a pink star, and a blue squiggle. The left edge is decorated with a red squiggle, a yellow star, and a blue squiggle. The bottom left corner features a pink star.