

ADHD Daily Routine Checklist

Simple visual routines to support everyday transitions.

Morning Routine	Evening Routine
<input type="checkbox"/> Wake up	<input type="checkbox"/> Homework / quiet activity
<input type="checkbox"/> Get dressed	<input type="checkbox"/> Dinner
<input type="checkbox"/> Brush teeth	<input type="checkbox"/> Bath / shower
<input type="checkbox"/> Eat breakfast	<input type="checkbox"/> Brush teeth
<input type="checkbox"/> Pack backpack	<input type="checkbox"/> Prepare clothes for tomorrow
<input type="checkbox"/> Take medication (if applicable)	<input type="checkbox"/> Calm-down activity
<input type="checkbox"/> Shoes on & ready	<input type="checkbox"/> Bedtime

Today I did great at:
