ADHD Body-Doubling & Pomodoro Focus Sprint Log for Adults

2-PAGE CORAL & EMERALD EDITION PDF



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	

- ◇ Top priority
- ◇ Second
- ◇ Third
- ◇ Break
- ◇ Walk
- ◇ Water
- ◇ Call
- ◇ Focus sprint
- ◇ Email

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#1	#2	#3	#4
#5	#6	#7	#8
#9	#10	#11	#12
#13	#14	#15	#16

WINS THIS WEEK