# ADHD Body-Doubling & Pomodoro Focus Sprint Log for

2-PAGE ELECTRIC VIOLET & ROSE EDITION PDF

| | |
|---|---|
| 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 | |

- ◇ Top priority
- ◇ Second
- ◇ Third
- ◇ Read
- ◇ Errand
- ◇ Break
- ◇ Call
- ◇ Email
- ◇ Water

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

## IDEAS