ADHD Body-Doubling & Pomodoro Focus Sprint Log for Shift

2-PAGE HOT PEONY & MINT 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
- [ ] Water
- [ ] Focus sprint
- [ ] Walk
- [ ] Errand
- [ ] Email
- [ ] Call

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

Reflection