ADHD Dopamine Menu Printable for Creative Entrepreneurs &

2-PAGE ELECTRIC VIOLET & ROSE EDITION PDF

Mains

- Gym class
- Bike ride
- Cook something
- Garden 20 min
- Walk a loop

Desserts

- Online browse
- Chat with a friend
- Nap
- One episode
- Game level
- Comic

Sides

- Candle
- Podcast
- Standing desk
- Timer game
- Chewing gum
- Lo-fi beats

Appetizers

- Stretch 2 min
- Pet the dog
- Step outside
- Cold water
- Tea ritual
- Favourite song
- Window break

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My own menu

- _____
- _____
- _____
- _____
- _____
- _____

Energy check

- Low — try an appetizer
- Medium — pick a main
- High — specials!
- Stuck — body double
- Bored — new side
- Tired — rest

	1	2	3	4	5	6	7	8	9	10	11	12
Mon	○	○	○	○	○	○	○	○	○	○	○	○
Tue	○	○	○	○	○	○	○	○	○	○	○	○
Wed	○	○	○	○	○	○	○	○	○	○	○	○
Thu	○	○	○	○	○	○	○	○	○	○	○	○
Fri	○	○	○	○	○	○	○	○	○	○	○	○
Sat	○	○	○	○	○	○	○	○	○	○	○	○
Sun	○	○	○	○	○	○	○	○	○	○	○	○