ADHD Dopamine Menu Printable for Minimalist iPad &

2-PAGE ROYAL SAPPHIRE & CORAL EDITION PDF

Mains

- Gym class
- Bike ride
- Deep-work sprint
- Dance break
- Body-double call
- Garden 20 min
- Walk a loop

Desserts

- Game level
- Bath
- Nap
- Social scroll (10 min)
- Online browse
- Chat with a friend
- Comic

Appetizers

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

Specials

- Concert
- Museum
- Beach swim
- New recipe
- Book shop visit
- Art class

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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	●	●	●	●	●	●	●	●	●	●	●	●