

ADHD Dopamine Menu Printable for Software Engineers &

2-PAGE MARIGOLD & BERRY EDITION PDF

Appetizers

- Cold water
- Doodle
- Tea ritual
- Stretch 2 min
- Pet the dog

Specials

- New recipe
- Book shop visit
- Museum
- Beach swim
- Hike

Sides

- Standing desk
- Snack plate
- Candle
- Chewing gum
- Podcast
- Fidget
- Timer game

Mains

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

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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	○	○	○	○	○	○	○	○	○	○	○	○