

# “Big” Weekly Planning

Monday	Tuesday	Wednesday	Thursday	Friday

Lots of ways to use this ... Make it Useful to You!

- Vacation Week

- Prepping

- Big Project(s)

Use sticky notes & move things around if/as needed; different colors for different people; for various activities

Do you need to add meal breaks



Real Life Solutions for People with  
ADHD / Neurodivergence

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