






Planner






Reward Tracker

ADHD-Friendly Reward System






Time Based Rewards

-  Go for a walk / Lay in the sun
-  Play Games / Do a Puzzle
-  Sleep In / Lay in Bed
-  Read / Listen to audio book
-  Sing / Listen to music






Small Task Rewards

-  Add cute stickers to planner
-  Use stamps for completed tasks
-  Doodle in your journal
-  Change your phone wallpaper
-  Cross off tasks with fun colors

Self Care for Tough Tasks

-  Mini spa night (candles, bath)
-  Hobby time (crochet, draw, bike)
-  Try a new recipe or bake
-  Take a nap
-  Do absolutely nothing

Big Rewards for Big Wins*

-  Order food / try a new restaurant
-  Go see a movie
-  Night out with friends
-  Plan a small trip
-  Buy a new book or game

** Larger milestone rewards are okay to spend on! Just balance them with time-based & free rewards.