

ADHD Homework Planner

Daily Homework & Study Planner for Children

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Use this planner to establish a consistent homework routine, improve organization, and build independent study habits. Tick each task as it is completed.

Date: _____	School: _____
Homework Start Time: _____	Finish Time: _____
Today's Goal: _____	_____

Subject	Homework / Task	Priority	Completed
English	_____	High / Med / Low	■
Mathematics	_____	High / Med / Low	■
Science	_____	High / Med / Low	■
Social Studies	_____	High / Med / Low	■
Language	_____	High / Med / Low	■
Other	_____	High / Med / Low	■

Study Checklist

- Packed school bag
- Completed homework
- Reviewed today's lessons
- Read for 20 minutes
- Limited recreational screen time
- 60 minutes of physical activity
- Tomorrow's timetable checked

Parent Notes

Teacher Feedback

This planner supports organization and is not a substitute for professional medical advice. For persistent attention, learning, or behavioural concerns, consult a qualified healthcare professional.