

# evening checklist

## for an adhd home

### home

- ☐ pick up dinner space
- ☐ gather dishes from around the home
- ☐ clean out sink
- ☐ hand-wash dishes
- ☐ load dishwasher
- ☐ wipe down countertops
- ☐ spend 10 minutes cleaning one space
- ☐ OR spend 10 minutes emptying a doom box
- ☐ OR spend 10 minutes putting away laundry
- ☐ set aside meal components for tomorrow



### prep for morning

- ☐ prep easy breakfast items
- ☐ set out any dishes/silverware needed
- ☐ put medicines in designated, visible space
- ☐ set alarms for wake-up & leaving times
- ☐ prep drop zone for next day's needs

### personal

- ☐ bathe children
- ☐ lay out child's clothes, socks, shoes
- ☐ shower
- ☐ brush teeth
- ☐ lay out clothes, socks, and shoes
- ☐ spend 10 minutes reading or relaxing
- ☐ stick to a set bedtime



### note

this is not an all-inclusive list. be sure to make changes that are reasonable and helpful for you and your family. remember that some systems may work for a period of time and then need changing to continue to be effective. include your family members when planning to gather ideas and troubleshoot any hiccups.

