

ADHD-friendly job search tracker

This week

Week of: _____
Role I am aiming at: _____

One small target a day

Mon: _____
Tue: _____
Wed: _____
Thu: _____
Fri: _____
Sat: _____
Sun: _____

Next 3 actions

- 1. _____
- 2. _____
- 3. _____

Streak

Tick a day when the small target is done. A blank day stays blank.
M T W T F S S

Not medical advice and not a diagnosis. Nancy Osazee, Founder.