



Leave-By Planner

Work backwards from the door. Fill it once, use it every day.

EXAMPLE



I need to leave at:

8:15

← Plan right to left.

START

1

2

3

BUFFER 10

LEAVE

#	Step (everything before I walk out)	Minutes
1	Get up	2 min
2	Shower	10 min
3	Get dressed	5 min
4	Breakfast	10 min
5	Brush teeth	3 min
6	Pack bag	5 min
7	Shoes and coat	5 min
8		min
9		min
10		min

TOTAL GETTING-READY MINUTES

40

min

+

BUFFER

+ 10 min

for keys, traffic, the unexpected

Start getting ready at:

= leave time - total - buffer

7:25

E.G. Leave 8:15 - 40 min - 10 min buffer = start 7:25



ALARM 1: 7:15



ALARM 2 (START NOW): 7:25

Late anyway? Time one step for real, then fix the number.

Free sample · page 1 of 3 · Full version: <https://phien0618.github.io/products/adhd-routine-cards/>

Full version adds: 16 routine cards, blank Leave-By Planner, Routine Builder, door signs, 30-day tap-to-jump tracker, iPad Pastel edition.



Routine Cards · Free Sample

Two of the 16 cards. Cut on the dashed lines.

Print at 100%

cards 2 + 5

✂ cut

CARD 02 **Morning · Minimum**

🕒 10 min

- ☐ Get up 2 min
- ☐ Brush teeth 3 min
- ☐ Get dressed 5 min

Total: 10 min

Next: Keys · Phone · Wallet (Card 05), then out the door.

5 more min? Add Water + bathroom or Breakfast from Card 01.

Why it counts: You are up, clean and dressed. That is ready to leave.

That counts.

CARD 05 **Out the Door**

🕒 about 2 min

- ☐ Keys
- ☐ Phone
- ☐ Wallet
- ☐ Bag
- ☐ Charger
- ☐ Water bottle
- ☐ Door locked

Total: about 2 min

Also in the full version

12 written cards + 4 blank + 2 door signs

Card 01 · Morning · Full	45 min	Card 03 · Evening · Full	40 min
Card 04 · Evening · Minimum	8 min	Card 06 · Night Before	15 min
Card 07 · Shower & Get Ready	25 min	Card 08 · Work Start	15 min
Card 09 · Work Shutdown	10 min	Card 10 · Coming Home	10 min
Card 11 · Bedtime Wind-Down	30 min	Card 12 · Sunday Reset	45 min
Cards 13–16 · Make Your Own	blank	Door Signs · Before I leave / Before bed	2 signs

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Low-Energy Morning

Hard morning? These three are enough.

1 Get up and drink water ☐

2 Brush teeth ☐

3 Put on clothes you can leave the house in ☐

Add one more (optional)

☐

☐

☐

| That counts.

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