

ADHD Study Sprint Worksheet

Turn one vague study session into a clear target, a short sprint, and a useful recall check.

What's the study problem right now?

Choose the closest sentence. The aim is one useful learning move, not a perfect study session.

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|---|---|
| ☐ I cannot understand what I am reading. | ☐ I cannot start the assignment. |
| ☐ I keep rereading, but nothing stays in my head. | ☐ I sit down to study but drift into other tabs or tasks. |
| ☐ I do not know what this study session should produce. | |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
