

VISUAL CALENDAR

DATE: _____

S M T W T F S

blame DR. ABBIE

CHECK WHEN DONE	VISUAL	A VERBAL REMINDER	NOTES
6AM	<input type="checkbox"/>		
6:30AM	<input type="checkbox"/>		
7AM	<input type="checkbox"/>		
7:30AM	<input type="checkbox"/>		
8AM	<input type="checkbox"/>		
8:30AM	<input type="checkbox"/>		
9AM	<input type="checkbox"/>		
9:30AM	<input type="checkbox"/>		
10AM	<input type="checkbox"/>		
10:30AM	<input type="checkbox"/>		
11AM	<input type="checkbox"/>		
11:30AM	<input type="checkbox"/>		
12PM	<input type="checkbox"/>		
12:30PM	<input type="checkbox"/>		
1PM	<input type="checkbox"/>		
1:30PM	<input type="checkbox"/>		
2PM	<input type="checkbox"/>		
2:30PM	<input type="checkbox"/>		
3PM	<input type="checkbox"/>		
3:30PM	<input type="checkbox"/>		

CHECK WHEN DONE	VISUAL	A VERBAL REMINDER	NOTES
4PM	<input type="checkbox"/>		
4:30PM	<input type="checkbox"/>		
5PM	<input type="checkbox"/>		
5:30PM	<input type="checkbox"/>		
6PM	<input type="checkbox"/>		
6:30PM	<input type="checkbox"/>		
7PM	<input type="checkbox"/>		
7:30PM	<input type="checkbox"/>		
8PM	<input type="checkbox"/>		
8:30PM	<input type="checkbox"/>		
9PM	<input type="checkbox"/>		
9:30PM	<input type="checkbox"/>		
10PM	<input type="checkbox"/>		
10:30PM	<input type="checkbox"/>		
11PM	<input type="checkbox"/>		
11:30PM	<input type="checkbox"/>		

Reminder: A good visual schedule to address Executive Dysfunction includes four components: 1. Make Time Real
2. A "Call to Action" (check off) 3. A Visual Reminder
4. A Verbal Reminder

For more information visit: blamedoctorabbie.com

Here is an example of how you might fill out a visual calendar for an adolescent/teen.

VISUAL CALENDAR

DATE: 10/1/2023

S M T W **T** F S

blame **DR. ABBIE**

CHECK WHEN DONE	VISUAL	A VERBAL REMINDER	NOTES
6AM	<input type="checkbox"/>		
6:30AM	<input type="checkbox"/>		
7AM	<input type="checkbox"/>	☀️	• alarm off
7:30AM	<input type="checkbox"/>		• wake up
8AM	<input type="checkbox"/>		• ready for school
8:30AM	<input type="checkbox"/>	🚗	• Drive to school
9AM	<input type="checkbox"/>	S C H O O L	• remember science folder
9:30AM	<input type="checkbox"/>		
10AM	<input type="checkbox"/>		• science
10:30AM	<input type="checkbox"/>		• ask Mrs. Smith for assignment notes
11AM	<input type="checkbox"/>		
11:30AM	<input type="checkbox"/>		
12PM	<input type="checkbox"/>		• lunch
12:30PM	<input type="checkbox"/>		• rinse out tupperware
1PM	<input type="checkbox"/>		
1:30PM	<input type="checkbox"/>		
2PM	<input type="checkbox"/>		
2:30PM	<input type="checkbox"/>		
3PM	<input type="checkbox"/>		
3:30PM	<input type="checkbox"/>	⚾️	• baseball • pack blue jersey

CHECK WHEN DONE	VISUAL	A VERBAL REMINDER	NOTES
4PM	<input type="checkbox"/>	🎮	
4:30PM	<input type="checkbox"/>	🎮	
5PM	<input type="checkbox"/>	📄	• math # 6-9
5:30PM	<input type="checkbox"/>		• science pg. 183
6PM	<input type="checkbox"/>		• ask mom to proof essay
6:30PM	<input type="checkbox"/>	🍴	Dinner
7PM	<input type="checkbox"/>		
7:30PM	<input type="checkbox"/>		
8PM	<input type="checkbox"/>	📺	• movie
8:30PM	<input type="checkbox"/>		
9PM	<input type="checkbox"/>		
9:30PM	<input type="checkbox"/>		
10PM	<input type="checkbox"/>		
10:30PM	<input type="checkbox"/>	✓	• prepare • pack bag + lunch
11PM	<input type="checkbox"/>		
11:30PM	<input type="checkbox"/>	Zzzz	

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