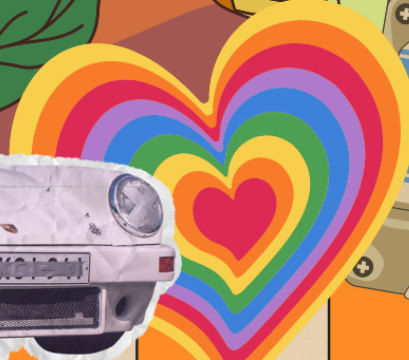
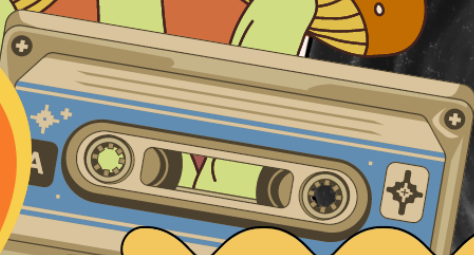


MY ADHD NOTEBOOK



a notebook for hyper active brains.



created by gyus.x

This book was made for a close friend who has ADHD. I researched and found the most useful note taking method for hyper active brains. Then I added a bunch of his favorite anime characters in to help keep his concentration on his notes... I hope this helps otherwise we'll both really "yeah"! LOL!

-gyus.x

A handwritten signature in yellow ink, appearing to read "Miss". The signature is stylized and written in a cursive-like font.

Subject:

Date:



Assignments

Empty dashed box for assignments.

Doodles -Brain Dump

Large dashed box for doodles and brain dump.



Notes

Main lined area for taking notes.

Key Terms

Large dashed box for key terms.



Summary

(What did you learn?)

Large empty box for writing the summary.

Subject:

Date:

Assignments



A dashed rectangular box for writing assignments.

Doodles - Brain Dump

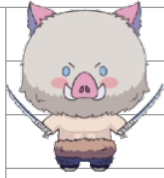
A large dashed rectangular box for doodling or brain dumping.



Key Terms

A large dashed rectangular box for writing key terms.

Notes



A large area with horizontal lines for taking notes.



Summary

(What did you learn?)

A large area for writing a summary.

Subject:

Date:

Assignments



Doodles -Brain Dump



Notes

Key Terms

Summary

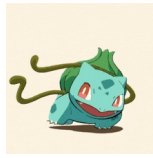
(What did you learn?)



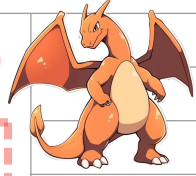
Subject:

Date:


Assignments



Doodles - Brain Dump



Notes



Key Terms



Summary

(What did you learn?)

Subject:

Date:

Assignments



Doodles - Brain Dump

A large dashed yellow box for doodling or brain dumping.



Key Terms

A large dashed yellow box for writing key terms.

Notes



A large area with horizontal lines for taking notes, framed by yellow borders on the top, bottom, and right sides.



Summary

(What did you learn?)

A large yellow box for writing a summary.

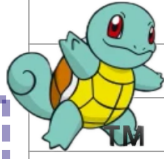
Subject:

Assignments

Date:



Doodles - Brain Dump



Notes



Key Terms



Summary

(What did you learn?)

Subject:

Date:

Assignments



Doodles -Brain Dump



Notes



Key Terms

Summary

(What did you learn?)



Subject:

Assignments

Date:

Doodles -Brain Dump



Notes



Key Terms

Summary

(What did you learn?)



Subject:

Date:



Assignments

Doodles - Brain Dump



Notes



Key Terms

Summary

(What did you learn?)



Subject:

Date:

Assignments



Doodles - Brain Dump

A large rectangular area with a dotted green border, intended for drawing or doodling.

Notes

A large vertical area with horizontal lines, intended for writing notes.

Key Terms

A large rectangular area with a dotted green border, intended for writing key terms.

Summary

(What did you learn?)

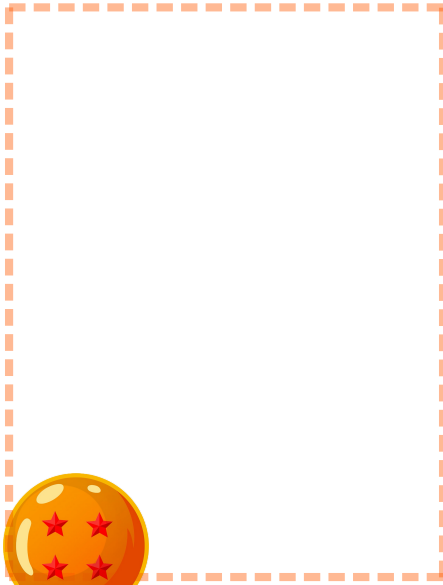
A large rectangular area with a solid green border, intended for writing a summary.

Subject:

Assignments

Date:

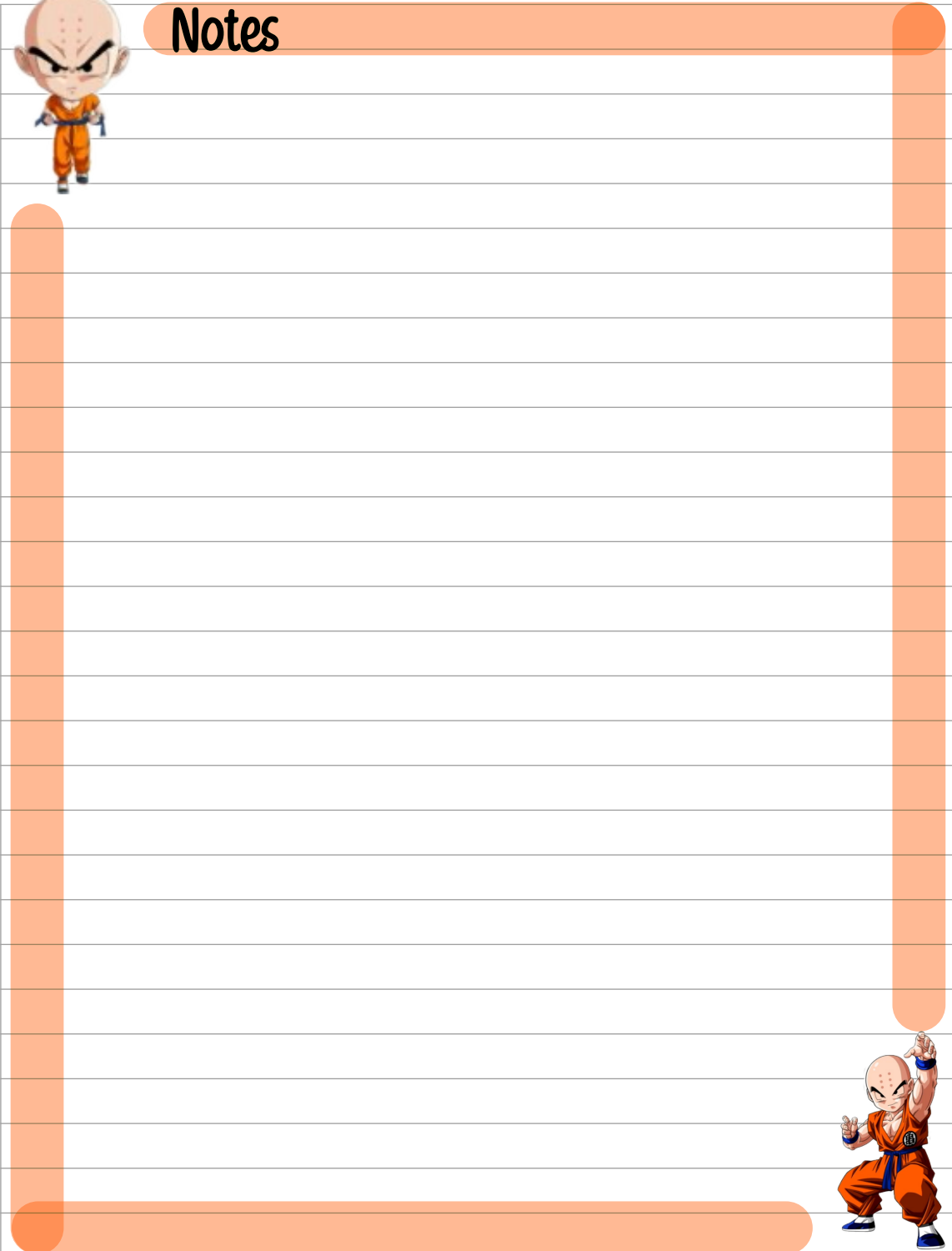
Doodles - Brain Dump



Key Terms

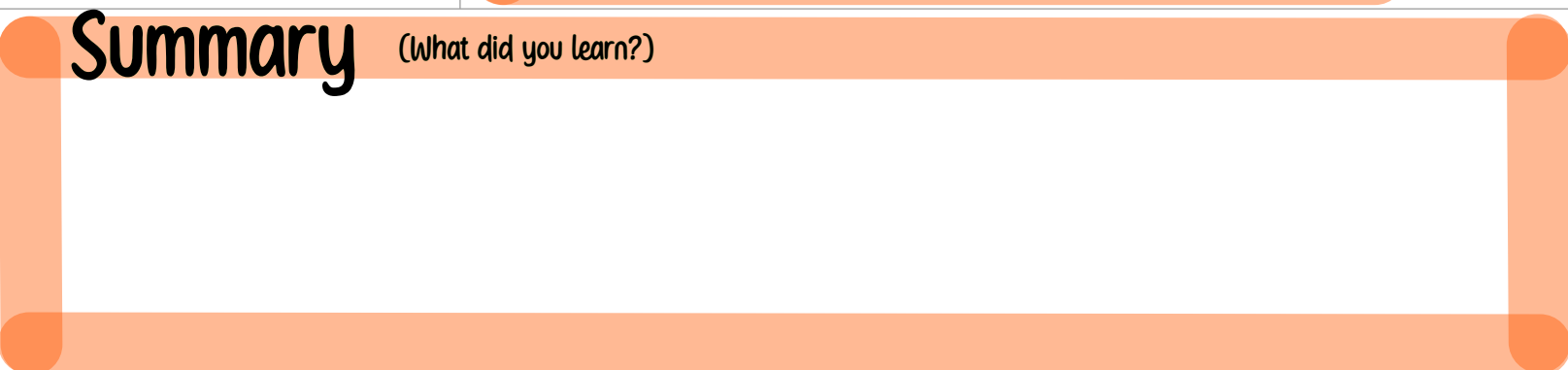


Notes



Summary

(What did you learn?)



Subject:

Date:



Assignments

Doodles - Brain Dump

A large dashed rectangular box intended for doodling or drawing related to the topic.



Key Terms

A large dashed rectangular box intended for writing key terms or definitions.

Notes



A large area with horizontal lines for taking notes.



Summary

(What did you learn?)

A large area for writing a summary of the lesson.

