USING CLICKUP FOR ADHD

June 2024

WELCOME!

Thank you for signing up for this test group!

[Click here to sign up for ClickUp!](#)

CLICK "SIGN UP"
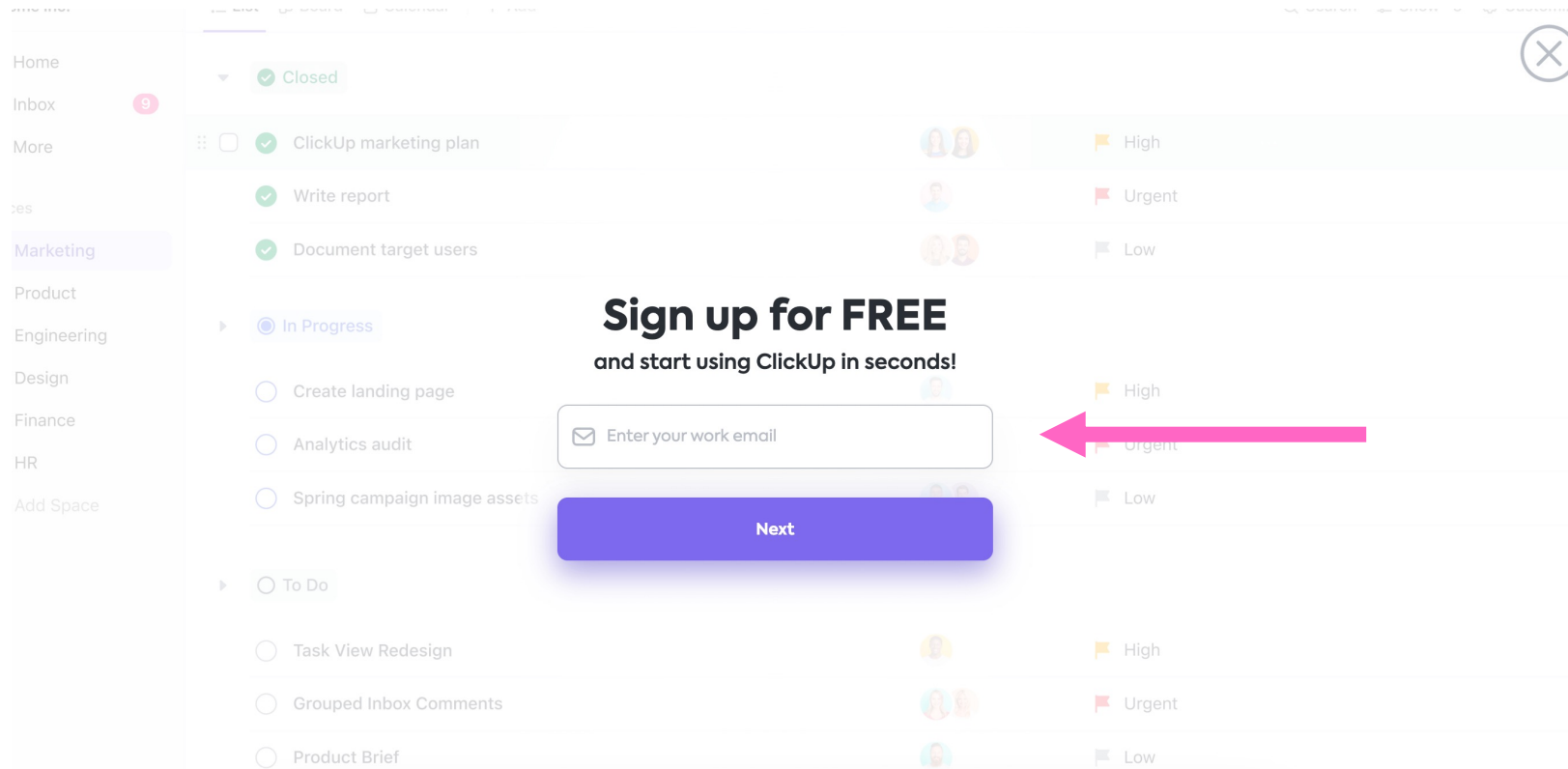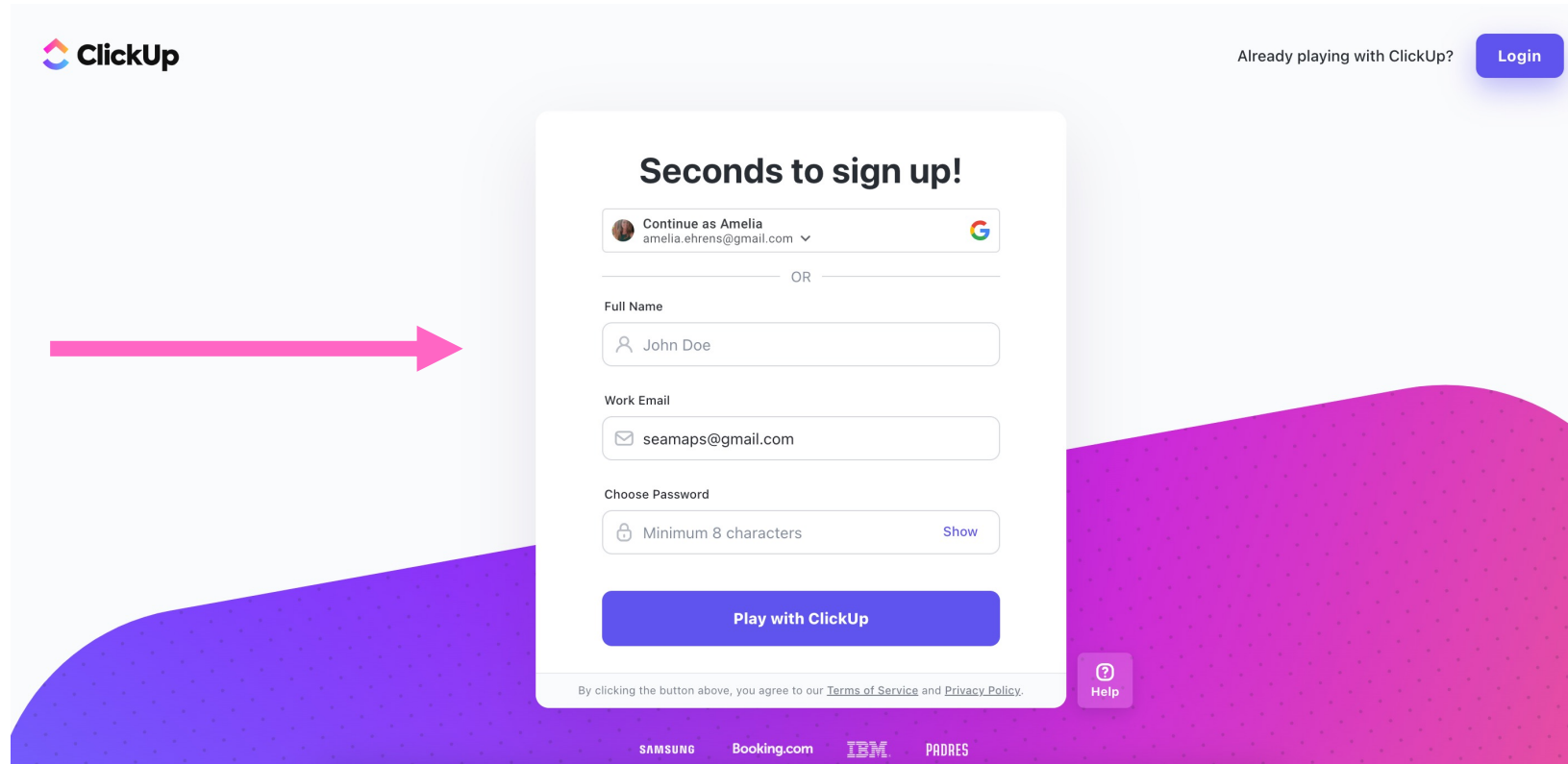
ENTER YOUR EMAIL. IT CAN BE A PERSONAL EMAIL (EVEN IF IT SAYS IT NEEDS TO BE A WORK EMAIL).

FILL OUT YOUR CONTACT INFORMATION

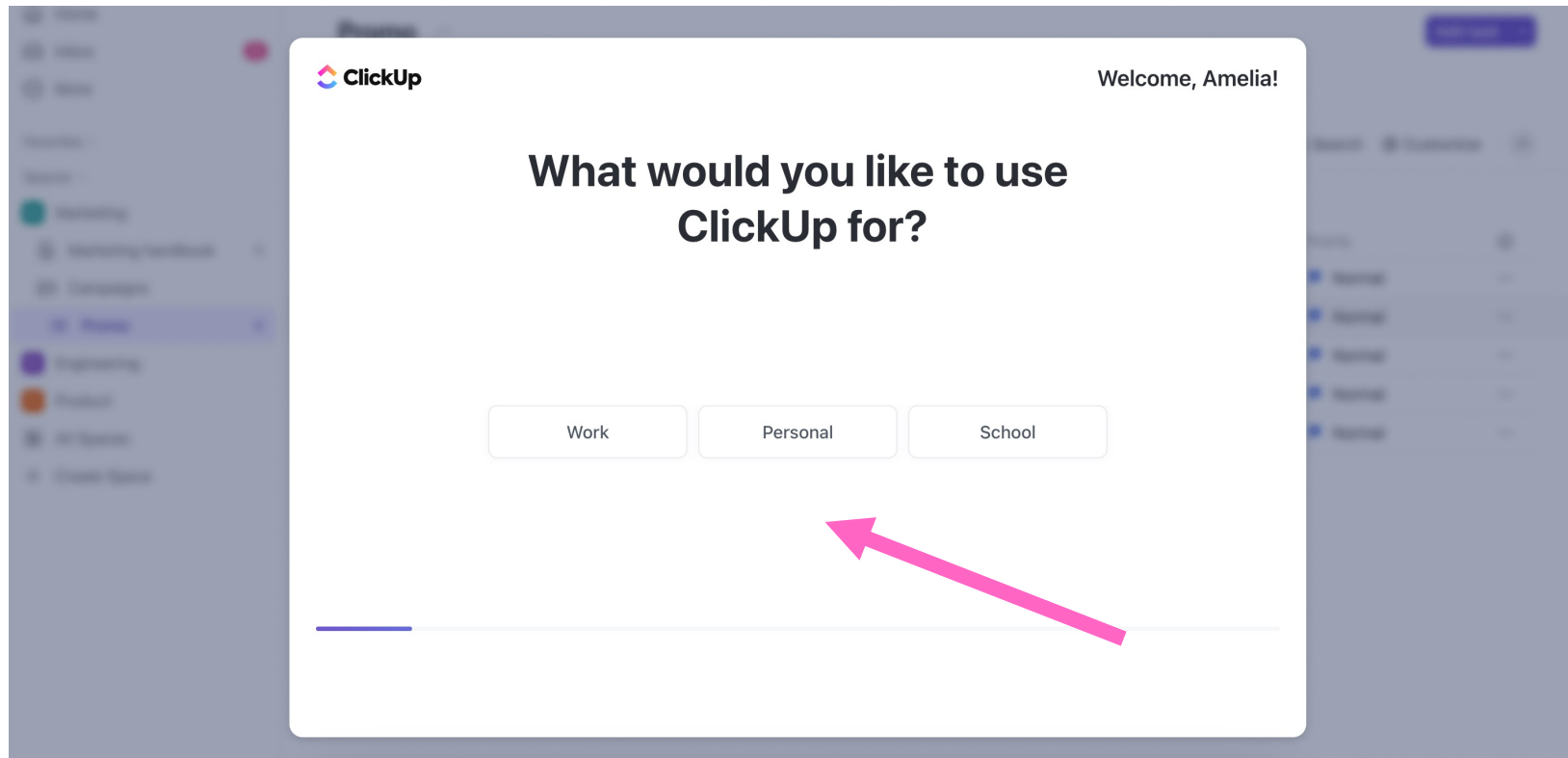# VERIFY YOUR ACCOUNT WITH THE CODE
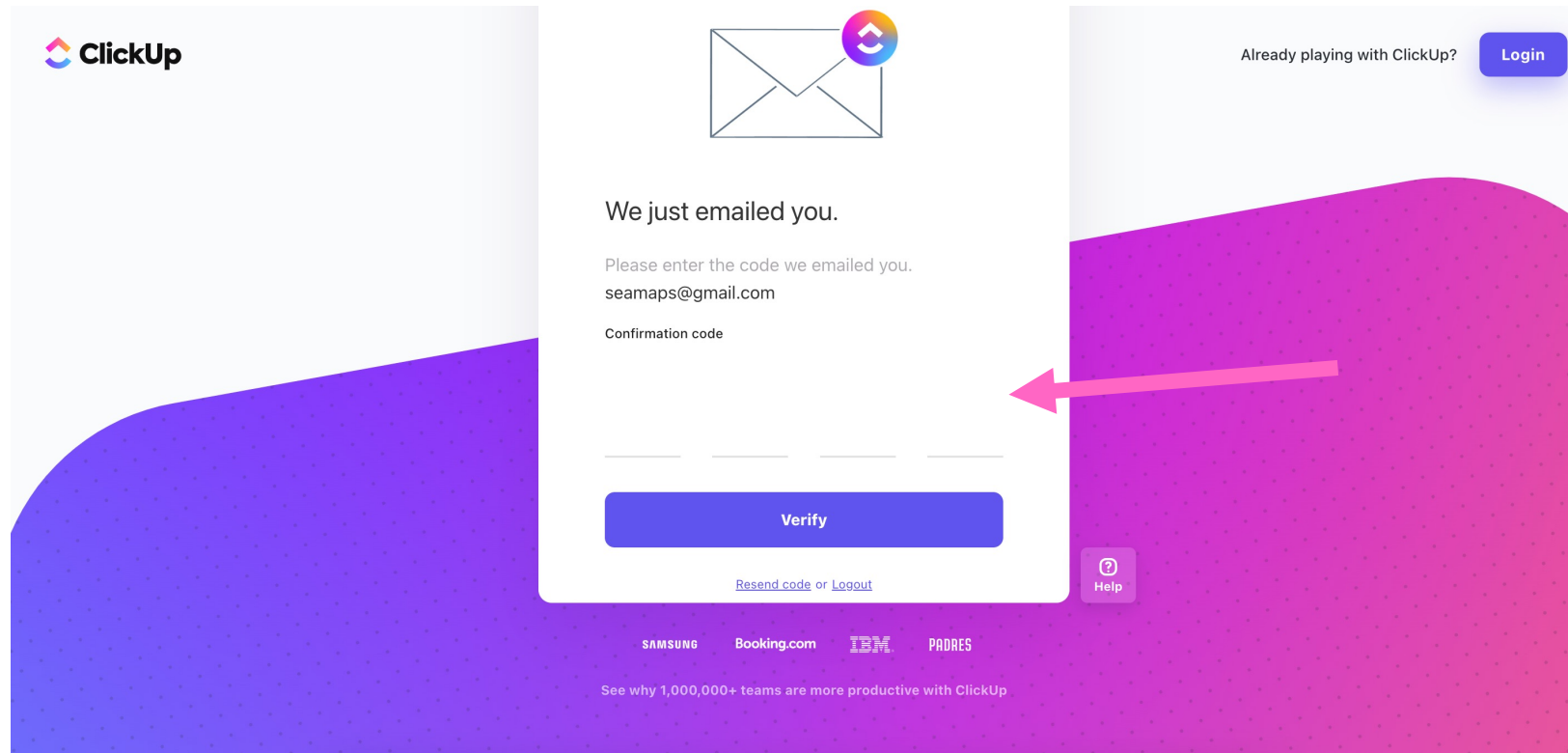
YOU CAN CLICK "PERSONAL"

YOU CAN FILL OUT THE NEXT FEW SCREENS AS THEY APPLY TO YOU.

ClickUp

✕

What can we help you manage?

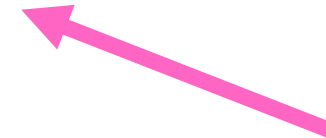Type a description of your project...

→

OR PICK ONE

Personal Finance	Personal To-Dos
Travel Planning	Health & Fitness
Home projects	Job Search

Skip

PICK A LIST NAME. YOU CAN CHANGE THIS LATER.
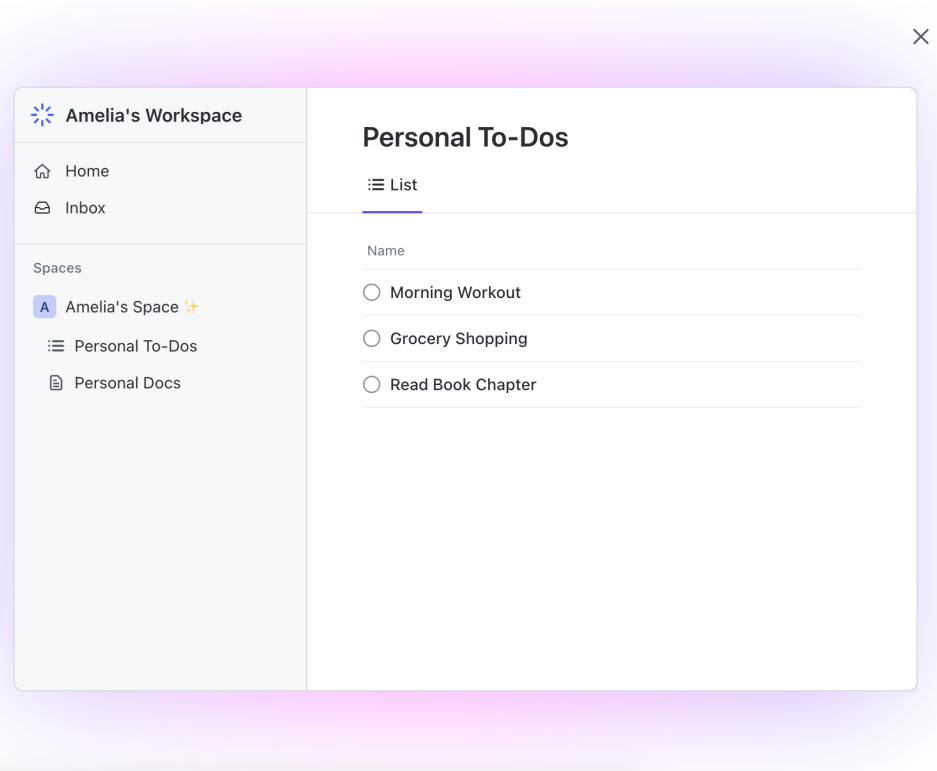
WELCOME TO YOUR CLICKUP WORKSPACE! YOU'RE NOW READY FOR CLASS!

ANY QUESTIONS?

Reach out if you need help with anything!

- By Email: **hello@imdatable.com**
- By Phone/Text: 508-717-1003
- By Instagram: @**imdatable**
- By Website: **www.imdatable.com**