

# ADHD SYMPTOM TRACKER



MONITOR, IDENTIFY PATTERNS,  
AND IMPROVE COMMUNICATION  
FOR KIDS

*Glen Ross*

# INTRODUCTION

The ADHD Daily Checklist is a practical tool designed to help parents monitor potential ADHD symptoms, behaviours, and habits in their child. By using this checklist, parents can track daily patterns and identify consistent symptoms over time, which can provide valuable insights into their child's behaviour.

## FEATURES:

- **Comprehensive Questions:** The checklist includes a wide range of questions covering focus, organisation, impulsivity, and emotional regulation.
- **Daily Monitoring:** Designed for daily use, allowing for consistent tracking and reflection.
- **Parent-Child Interaction:** Facilitates meaningful daily conversations between parents and their child.
- **Symptom Tracking:** Helps identify trends and patterns in behaviours that may indicate ADHD.
- **Weekly Reflection:** Encourages weekly reviews to spot persistent symptoms and assess overall behaviour.

## BENEFITS:

- **Early Identification:** Regular use can help in early detection of potential ADHD symptoms.
- **Improved Understanding:** Helps parents better understand their child's daily challenges and behaviours.
- **Enhanced Communication:** Encourages open dialogue between parents and their child, fostering a supportive environment.
- **Informed Discussions:** Provides concrete data that can be shared with healthcare professionals for a more accurate assessment.
- **Proactive Approach:** Empowers parents to take a proactive role in monitoring and managing their child's mental health.

## THE CHECKLIST



## HOW TO USE YOUR DAILY CHECKLIST:

- 1. Daily Check-ins:** Each evening, parents should ask their child the questions on the checklist, checking off any relevant symptoms or behaviours.
- 2. Weekly Review:** At the end of each week, review the checklist to identify any consistent patterns or symptoms.
- 3. Track Trends:** Note which days had more prevalent symptoms to understand better what might be triggering these behaviours.
- 4. Consult Professionals:** Use the gathered information to have informed discussions with healthcare professionals if there are concerns about ADHD.

By integrating this ADHD Daily Checklist into daily routines, parents can gain valuable insights into their child's behaviour, potentially leading to early identification and better management of ADHD symptoms. This tool is a supportive measure that, when used consistently, can significantly benefit a child's overall well-being and academic performance.



This checklist is for personal monitoring and should not replace professional diagnosis or treatment. If you have concerns about your child's behaviour or any potential ADHD symptoms, please consult a healthcare professional.

**Daily Questions****M T W T F S S**

Did you have trouble focusing on your schoolwork or chores today?

Were you easily distracted by noises or things happening around you?

Did you lose or misplace anything important today, like your homework or a toy?

Was it hard to start or finish your tasks today?

Did you feel restless or like you had to move around a lot?

Did you interrupt others when they were talking today?

Did you forget to do something you were supposed to do today?

Did you have trouble organising your tasks or activities today?

Did you put off doing something important?

Was it hard for you to sit still for a long time?

Did you find yourself daydreaming or zoning out a lot today?

Did you start a new project or activity without finishing others first?

Did you have trouble remembering details or instructions?

Did you feel overwhelmed by everything you had to do today?

Did you make any careless mistakes on your schoolwork or chores?

Did you switch tasks a lot without finishing them?

Was it hard for you to manage your time today?

Did you have trouble listening during conversations or class?

Did you lose track of time often today?



<b>Daily Questions</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
Did you misjudge how long something would take to do?							
Did you act impulsively without thinking about the consequences?							
Was it hard to figure out what tasks were most important?							
Did you feel like your space (desk, room) was messy or disorganised?							
Did you have trouble sticking to your routines or schedules?							
Did you forget to do everyday activities like chores or homework?							
Did you focus too much on one thing and neglect other tasks?							
Did you have mood swings or feel irritable today?							
Was it hard to maintain friendships because of impulsive behaviour?							
Did you feel bored easily?							
Did you struggle to relax or unwind today?							
Did you speak or act without thinking first?							
Did you have trouble managing your allowance or money?							
Was it hard to maintain a regular sleep schedule?							
Did you feel restless during free time or playtime?							
Did you switch your attention a lot during conversations?							
Did you avoid complex tasks or projects?							
Did you find it hard to stay disciplined or motivated?							



[illegible]

# CLOSING MESSAGE

As you reach the end of this ADHD Symptom Tracker, take a moment to reflect on the incredible journey you and your child have embarked upon. By diligently monitoring, understanding, and addressing your child's unique needs, you have taken a proactive and compassionate step towards their well-being.

Remember, this tool is more than just a checklist; it's a bridge to deeper understanding and meaningful communication with your child. Your dedication to using this tracker is a testament to your commitment to their growth and happiness. Every tick on this list is a step closer to a clearer picture of their world and a stronger foundation for their future.

Continue to be patient and kind to yourselves. Celebrate the small victories and learn from the challenges. Your efforts are invaluable and deeply appreciated, not only by your child but by the broader community that supports children with ADHD.

Thank you for being an advocate, a listener, and a guiding light in your child's life. Together, you are building a future filled with understanding, support, and endless possibilities.

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