

# ADHD Star Chart - Week at a Glance

Reinforce consistent efforts with visual feedback.

## How to use

- Pick 2-3 behaviours linked to routines (e.g., "Put homework in bag", "Use calm words after school").
- Reward stars for showing up, not perfection. Celebrate the effort immediately.
- Agree a weekly reward (special time, activity choice, saved tokens).

## Weekly tracker

Add stickers, doodles or initials to track progress. Adapt labels to your goals.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun

Task 1 | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Task 2 | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Task 3 | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_

## Weekly reflection

Wins to celebrate: \_\_\_\_\_

Something to adjust next week: \_\_\_\_\_

Reward earned: \_\_\_\_\_

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.