

Progress Tracker

At week 1, choose the symptoms below that impact your life the most and rate their severity from 1 (less severe) to 5. Each week, watch for progress by rating the same symptoms again.

week

1	2	3	4	5	6	7	8
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Date started on medication:

Starting dose:

Directions given by healthcare provider:

People who will help watch for progress:

Personal goals:

inattention

Failure to pay attention to details or making careless mistakes

Unable to keep attention on tasks

Difficulty listening when spoken to directly

Inability to finish tasks or follow instructions

Trouble organizing activities

Avoidance of things that require long periods of mental effort

Losing things you need

Being easily distracted

Forgetting things in daily activities

hyperactivity

Fidgeting with hands and feet

Unable to remain seated when it is expected

Feeling restless (adults)/Running, climbing excessively (children)

Difficulty with quiet leisure activities

Feeling "on the go," as if "driven by a motor"

Talking excessively

impulsivity

Blurting out answers before the question is finished

Unable to wait your turn

Interrupting other people's conversations

ADHD Diagnostic Criteria

- inattention
- hyperactivity
- impulsivity

The following 5 criteria must be present:

- 1) 6 or more symptoms of inattention and/or 6 or more symptoms of hyperactivity/impulsivity have persisted for at least 6 months to a degree that is inconsistent with developmental level.
- 2) Some inattentive or hyperactive/impulsive symptoms were present before age 7.
- 3) Impairment from symptoms is present in 2 or more settings (ie, at school, at work, at home).
- 4) There is clear evidence of clinically significant impairment in social, academic, or job functioning.
- 5) Symptoms do not occur exclusively during the course of another mental disorder.

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