

Attention Deficit Log

Name: _____ Date: _____

Medication: _____ Dosage: _____ Scheduled Doses: _____

Time	Activity	Focus	Feelings	Meds
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
NOON				
12:30				
1:00				
1:30				
2:00				
2:30				
3:00				
3:30				
4:00				
4:30				
5:00				
5:30				
6:00				
6:30				
7:00				
7:30				
8:00				

Notes: _____

This daily Attention Deficit log is designed to help you better control your attention deficit. Record the activity you are focusing on under activity, then rate your focus from 1-10 in under focus. Feelings, such as frustration or joy, can be recorded under the feelings heading. Additionally, you should record when you actually take your medication under the meds heading.