



Dr. K's Guide to Mental Health

ADHD Module | Technology Habits | Worksheet

Track your technology usage over a 2 hour period in 30 minute increments. Set an alarm every 30 minutes to log your activity.

Machine	Application	Minutes	Enjoyment Rating	Productivity Rating
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Dr. K's Guide to Mental Health

ADHD Module | Technology Habits | Worksheet

Analyze your chart for any patterns.



Which items are the most enjoyable?



Which items are the most productive?



Is there a particular machine or application that you score low in enjoyment/productivity or high in enjoyment/productivity?



Which items take the most of your time? What is your most used machine and application?

Decide which line item(s) you think is best to cut out (ex. items that are low enjoyment, low productivity, and take up a lot of time) and what change in behavior you can try in the next 2 hours (ex. uninstall app, turn off notifications).

Machine	Application	Intervention	Productivity Rating
			<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
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