

# ADHD Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Energy & focus tracker

Rate your energy and focus today (1-10):

**Morning:**

**Afternoon:**

**Evening:**

## What worked today?

List 2-3 moments when you felt focused or accomplished something.

## What challenged you?

Note 1-2 situations where ADHD symptoms were difficult.

## Strategies used today

Check which strategies you tried:

- ☐ Time blocking
- ☐ Body movement breaks
- ☐ Reduced distractions
- ☐ Used reminders/alarms
- ☐ Broke tasks into smaller steps
- ☐ Asked for help/clarification
- ☐ Other:

## Tomorrow's plan

**One priority task:**

**One self-care activity:**

**One strategy I'll use:**

## Quick reflection

**What's one thing I learned about managing my ADHD today?**