

# ADHD Symptom Tracker

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date of session: \_\_\_\_\_ Clinician name: \_\_\_\_\_

**Instructions:** Indicate the date and rating for each day of the week based on the scale provided:

0 - Never | 1 - Rarely | 2 - Sometimes | 3 - Often | 4 - Very often

Symptoms	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Inattention								
Fails to give close attention to details or makes careless mistakes								
Has difficulty sustaining attention in tasks or activities								
Does not seem to listen when spoken to directly								
Does not follow through on instructions and fails to finish tasks								
Has difficulty organizing tasks and activities								
Avoids or dislikes tasks requiring sustained mental effort								
Loses things necessary for tasks or activities								

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**0 - Never | 1 - Rarely | 2 - Sometimes | 3 - Often | 4 - Very often**

Symptoms	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
<b>Inattention</b>								
Is easily distracted by extraneous stimuli								
Is forgetful in daily activities								
<b>Hyperactivity and impulsivity</b>								
Fidgets with hands or feet or squirms in seat								
Leaves seat in situations where remaining seated is expected								
Runs about or climbs excessively (in adults, may be limited to feeling restless)								
Has difficulty playing or engaging in leisure activities quietly								
Is "on the go" or acts as if "driven by a motor"								
Talks excessively								
Blurts out answers before questions have been completed								

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0 - Never | 1 - Rarely | 2 - Sometimes | 3 - Often | 4 - Very often

Symptoms	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Hyperactivity and impulsivity								
Has difficulty waiting their turn								
Interrupts or intrudes on others								

**Additional notes**

**Disclaimer:** This tracker is only a tool for monitoring symptoms and should be used in conjunction with professional medical advice. A diagnosis of ADHD requires a comprehensive evaluation by a qualified healthcare provider.