

# ADHD To-Do List

<b>Name</b> Violet Baudelaire	
<b>Name of Healthcare Professional</b> Dr. Mattathias Heimlich	<b>Date of Session</b> December 21, 2023
<b>Daily Priorities and Breakdown</b>	
<b>First priority:</b> Complete math homework	
<b>Task Breakdown:</b> Review notes from class for 15 minutes Solve the first two problems Take a 5-minute break Finish the remaining problems	
<b>Second priority:</b> Study for history test	
<b>Task Breakdown:</b> Read one chapter of the history textbook Write down key dates and events Briefly review notes before afternoon focus session	
<b>Third priority:</b> Organize school binder	
<b>Task Breakdown:</b> Sort and file away old assignments Create separate sections for each subject Label all sections clearly for easy access	
<b>Scheduled Breaks</b>	
<b>Morning Break Time:</b> 10:30 AM <b>Morning Break Activities:</b> Listen to music for 15 minutes, look for new songs to play while focusing, eat snacks	<b>Afternoon Break Time:</b> 2:30 PM <b>Afternoon Break Activities:</b> Play a round of Valorant (~15 mins), stretch, walk around, and look at faraway objects for eye rest for 5 minutes

<b>Focus Sessions</b>	
<b>Morning Focus Session</b> <b>Time:</b> 9:00 AM <b>Duration:</b> 1 hr	<b>Afternoon Focus Session</b> <b>Time:</b> 1:00 PM <b>Duration:</b> 1 hr
<b>Important Reminders for Today</b>	
Remember to turn in the completed math homework Charge laptop for tomorrow's classes	
<b>Evening Review</b>	
<b>Tasks Completed</b> Math homework finished One chapter of history studied	<b>Challenges Faced</b> Difficulty starting the math homework Got distracted by notifications during study time
<b>What Worked Well Today</b> The video game break was motivating, especially because I won in the last round Organizing the binder helped in feeling more in control	
<b>Additional Notes</b>	
Therapist notes: Violet showed improvement in managing her school tasks today. The use of preferred activities as breaks seems effective. We should continue exploring ways to integrate her interests into her study routine to enhance focus. Consider using apps to limit distractions during study time.	