

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?