

ADHD PLANNER

This planner belongs to:

ADHD Overview



PERSONAL ADHD PROFILE	
NAME:	
DIAGNOSIS DATE:	
DIAGNOSING PROVIDER:	
ADHD TYPE (INATTENTIVE./ HYPERACTIVE / COMBINED):	
CURRENT TREATMENT	
MEDICATION:	
THERAPY / COACHING:	
LIFESTYLE SUPPORTS:	
✓	PRIMARY CHALLENGES
☐	FOCUS
☐	TASK INITIATION
☐	TIME BLINDNESS
☐	IMPULSIVITY
☐	EMOTIONAL REGULATION
☐	ORGANIZATION
☐	FORGETFULNESS
STRENGTHS:	
SUPPORT STRATEGIES THAT HELP:	
EMERGENCY / SUPPORT CONTACTS:	

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ADHD Medication Tracker



DATE	MEDICATION	DOSE	TIME TAKEN	EFFECTIVENESS	SIDE EFFECTS
FOCUS LEVEL (1-10):					
ENERGY LEVEL (1-10):					
MOOD (1-10):					
NOTES:					

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NOTES:

Distraction Log



DATE	TASK	DISTRACTION	TIME LOST	SOLUTION
NOTES:				



Thank You

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stay organized, plan with confidence, and reach your goals.

THE COMPLETE PLANNER INCLUDES:



FULL PLANNER

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sections
included



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to keep you
on track



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