



My daily ADHD tracker — for adults

One row a day. Bring a filled week to your clinician — it makes appointments faster and more useful. Rate each item 1 (low) → 5 (high).

NAME / INITIALS

WEEK STARTING

CURRENT MEDICATION & DOSE

1 Medication log — did I take it, and when?

DAY / DATE	MEDICATION + DOSE	TIME TAKEN	ON TIME?	SIDE EFFECTS NOTICED (APPETITE, SLEEP, JITTERS, HEADACHE...)
Mon			☐ Y ☐ N	
Tue			☐ Y ☐ N	
Wed			☐ Y ☐ N	
Thu			☐ Y ☐ N	
Fri			☐ Y ☐ N	
Sat			☐ Y ☐ N	
Sun			☐ Y ☐ N	

2 How the day felt · rate 1-5

DAY	FOCUS / FOLLOW-THROUGH	RESTLESSNESS / HYPERACTIVITY	IMPULSIVITY	MOOD / EMOTIONS	ANXIETY / OVERWHELM	SLEEP LAST NIGHT	ENERGY
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Tip: fill this at the same time each evening — a fixed cue makes the habit stick.

3 Wins, hard moments & what helped

DAY	ONE THING THAT WENT WELL	HARDEST MOMENT (+ WHAT TRIGGERED IT)	WHAT ACTUALLY HELPED
Mon			
Wed			
Fri			
Sun			

4 End-of-week reflection — to discuss with your clinician

Best time of day for focus?

Any side effect worth raising?

A question for my next appointment?

This is a self-tracking tool, not a diagnosis. It helps you and your clinician see patterns over time. If something feels urgent or unsafe, contact your doctor or local emergency services.