

ADHD Worksheet

Name: _____ Date: _____ dd / mm / yyyy

ENERGY & FOCUS TRACKER

Rate your energy and focus today (1-10)

Morning:

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

Afternoon:

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

Evening:

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

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?