

# ADHD Symptom Tracker

Tracking ADHD symptoms is crucial for understanding how they impact daily life and for identifying patterns and triggers. Especially when working with a therapist, by regularly monitoring symptoms, individuals and therapists can gain valuable insights into the effectiveness of treatment strategies and make informed decisions about adjustments.

Use this sheet to track your ADHD symptoms daily. Rate each symptom on a scale from 0 (not at all) to 5 (very severe). Add any notes that might help explain your ratings.

Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Inattention							
Hyperactivity							
Impulsivity							
Forgetfulness							
Disorganization							
Mood Swings							
Notes							

## Weekly Summary

- Most Severe Symptom: \_\_\_\_\_
- Least Severe Symptom: \_\_\_\_\_
- Possible Triggers: \_\_\_\_\_
- Strategies That Helped: \_\_\_\_\_

If you are seeking professional support for ADHD, Trust Mental Health has a BIPOC team of therapists offering their specialized services in over 18 different languages. We offer compassionate and culturally sensitive support within 48 hours of contact.