



Symptoms of attention-deficit/hyperactivity disorder (ADHD) can affect many areas of your child’s life — from home to school to getting along with others. This tool can help you keep track of how your child is doing while on treatment.

Before you fill in the tracker, make copies for future use. Each week, set aside some time to think over how your child has been doing. Ask your child how he or she is doing in these areas. Talk with the teacher. Then, fill in the tracker. Over time, you can track how well the treatment plan is helping your child. Be sure to share the progress and concerns with your child’s healthcare provider. If symptoms are not getting better, the healthcare provider can help by changing your child’s medicine, dosage, or behavior therapy.

Child’s name: _____ Date: _____

Check off how your child’s symptoms have been.

(Think about home, school, and getting along with others.)
Use the blank spaces to make notes about when and where symptoms occur. Or, note any changes or concerns.

Medicine: _____

Dosage: _____

Child’s weight: _____

	Rarely/ Never	Occasionally	Often	
Symptoms related to attention				Notes:
Has trouble paying attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has trouble listening when spoken to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has trouble getting organized	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Makes careless mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Loses things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is often forgetful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is easily distracted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Symptoms related to activity				Notes:
Fidgets and squirms in seat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has trouble playing or working quietly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Talks a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Walks, runs, or climbs when remaining seated is expected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is often “on the go”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Symptoms related to self-control				Notes:
Has trouble waiting in line or taking turns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Interrupts conversations or games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blurts out answers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Important: Not every ADHD symptom is listed here. You may want to add some that your child has.

Adapted from American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 4th ed, text revision. Washington, DC: American Psychiatric Association; 2000.

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