EP EMBRACE PSYCHIATRY
CLARITY. FOCUS. RESILIENCE.

ADHD Symptom Tracker & Gap Analysis

A weekly worksheet — complete it and bring it to every visit

How to use this tracker: Each evening, rate each symptom for that day: **0** = not at all, **1** = a little, **2** = quite a bit, **3** = very much. Be honest — this is a tool, not a test. Bring the completed sheet to every visit.

Name: _____ **Week of:** _____ **Medication & dose:** _____

Part 1 — Daily Symptom Ratings (0–3)

Attention and focus

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Trouble paying close attention to details; makes careless mistakes							
Trouble holding attention on tasks (work, reading, conversations)							
Seems not to listen when spoken to directly							
Trouble following through; starts tasks but does not finish							
Trouble getting organized (time, tasks, belongings)							
Avoids or puts off tasks that need sustained mental effort							
Loses things needed for tasks (keys, phone, paperwork)							
Easily distracted by surroundings or own thoughts							
Forgetful in daily activities (appointments, bills, returning calls)							

Restlessness and impulsivity

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fidgets, taps hands or feet, squirms							
Feels restless inside; trouble relaxing							
Feels "driven," always on the go							

943 West Overland Road, Suite 3587, Meridian, ID 83642 | 208-279-5241 | office@embracepsychiatry.com | embracepsychiatry.com

In crisis? Call or text 988, or text HOME to 741741.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

Talks more than others find comfortable							
Blurts out answers; interrupts others							
Trouble waiting turn; acts before thinking							

Part 2 — Daily Context

Each day, record:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Medication taken? (Y / N)							
Time of dose							
Hours of sleep last night							
Appetite (poor / ok / good)							
Overall mood (1 = very low, 5 = great)							
Side effects noticed							
Notes (stress, caffeine, alcohol, big events)							

943 West Overland Road, Suite 3587, Meridian, ID 83642 | 208-279-5241 | office@embracepsychiatry.com | embracepsychiatry.com
In crisis? Call or text 988, or text HOME to 741741.
© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

Part 3 — Gap Analysis: Where I Am vs. Where I Want to Be

For each area, circle or write a number: **0** = major problem, **10** = no problem at all. Then compare with where you want to be. The biggest gaps become the focus of your treatment plan.

Life area	Where I am now (0–10)	Where I want to be (0–10)	Size of the gap
Attention & focus Staying on task, finishing what I start			
Organization & planning Time management, keeping up with responsibilities			
Restlessness & impulsivity Feeling settled, thinking before acting			
Work / school performance Meeting expectations, reliability			
Relationships Listening, follow-through, emotional steadiness			
Daily life management Bills, appointments, household tasks			

My biggest gap is:

What is already working (keep doing it):

What I want to discuss at my next visit (check any that apply, add your own)

- ☐ My current dose does not seem to last long enough
- ☐ Mornings / evenings are still very difficult
- ☐ Sleep problems may be making things worse
- ☐ I want strategies for organization / time management
- ☐ Side effects are bothering me: _____
- ☐ I am worried about dependence or long-term use
- ☐ Anxiety or mood symptoms are getting in the way
- ☐ Other: _____

My goal for the next 4 weeks:

In crisis? Call or text 988, or text HOME to 741741.
© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

Patient signature:	Date:	Reviewed by:

A note on honesty: There are no "good" or "bad" scores here. Under-reporting symptoms can lead to a dose that is too low to help; over-reporting can lead to side effects you do not need. The most useful tracker is an honest one.

Please read: This handout is for education only and is not medical advice. Do not start, stop, or change any medication without talking to your prescriber. If you are in crisis, call or text **988** (Suicide and Crisis Lifeline) or text **HOME** to **741741**.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.