



Tracking Booklet # \_\_\_\_

Treatment:

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## *How to use this booklet*

This booklet is meant to help you and your providers make decisions regarding your treatment options. You will probably need more than one booklet for a given disorder, and you should have one set of booklets for each treatment you attempt.

Begin with the Basic Information on the next page. If you are a student, put that under “Occupation”. Under “Goals of Treatment”, list the kinds of changes you’re hoping to see.

On the “About the Treatment” page, name the treatment you’re trying and describe it in detail. If it is a medication, include dose and when to take it, what to avoid, and so on. If it’s something like talk therapy, describe when you will have appointments and how long they will be. Finally, list the symptoms that you hope will be addressed by this treatment, such as inattention, depressed mood, or impulsive behaviour.

On each snapshot page, list the symptoms you are tracking, and rate each one according to how they are impacting you that day. The rating system has 5 points, where 1 is very little impact and 5 is a lot of impact. You can also note other things that you’ve noticed.

In between the snapshot pages is a page for you to note particular changes that you notice. List the date and write down whatever is important that day.

Fill out the first Progress Snapshot 1 week after your Starting Snapshot and the second 2 weeks following. After that, you can discuss with your provider how often they would like you to fill these out.

# Basic Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

*Diagnoses*

*Date of Diagnosis*

*Current Treatment*

<i>Diagnoses</i>	<i>Date of Diagnosis</i>	<i>Current Treatment</i>

Occupation: \_\_\_\_\_

Goals of Treatment:

# *About the Treatment*

Treatment: \_\_\_\_\_

Details (how to use, dose, frequency, etc.)

Symptoms to Track:

# Starting Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:



# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:







# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:



# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:



# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

<i>Symptom</i>	1	2	3	4	5

Other Details of Note:



# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:





# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:



# Progress Snapshot

Date: \_\_\_\_\_

*Symptom*

1 2 3 4 5

	1	2	3	4	5

Other Details of Note:

I hope this booklet is helpful for you and your providers. Finding the best treatment(s) for you and your condition(s) is important, and this tool is meant to help you along that journey. If there is something you would like added to this booklet, please let me know via the Actually ADHD web site (not the Tumblr).

*It's not IN  
my mind,  
It IS my  
mind.*



<http://actuallyadhd.tumblr.com>

<http://actuallyadhd.org>

The content of this booklet was written & created by  
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Empowering ADHDers through community,  
understanding, encouragement, practical advice,  
and accurate information.