



Understanding your ADHD baseline: symptom tracker

This downloadable resource* may help you monitor your ADHD by identifying behaviour patterns and tracking against your baseline.

Please see the example for how you should fill in this tracker, then have a go at filling in the blank sheet.

Feel free to bring this tracker with you to medical appointments to help you start discussion with your care team. This form does not constitute a clinical assessment and is not intended to monitor or inform management of ADHD. For direction on a clinical assessment please contact your healthcare provider.

**Please note that this tracker is for your own personal use.
Takeda will not have access to your personal information.*

This symptom tracker is adapted from the Adult ADHD Self-Report Scale (ASRS-v1.1), which is based on the DSM-IV-TR criteria.¹

1. American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision. Washington, DC, American Psychiatric Association. 2000: 85–93.

For the following categories below, please describe what you think a day looks like when your ADHD is well managed. Then, rate on a scale of 1–5 (1 = Never; 2 = Rarely; 3 = Sometimes; 4 = Often; 5 = Very often) how you would best describe your behaviours over the last 6 months. You can add any notes to provide more details e.g. specific behaviours you have identified, things that have helped you manage (such as exercise and meditation).

Focus and attention:

How is your focus and attention on a well-managed day with ADHD? For example, are there any tasks that you find easier to complete? Note anything that remains difficult and anything that has helped or hindered your progress.

Examples

On a well-managed day, I am able to stay focused on one task at a time without getting too distracted. However, I still find it hard to concentrate if the task is boring or there are distractions.

Things that have helped me: noise-cancelling headphones, short sessions with breaks, making notes as soon as I think of them.

Things that don't help: Sitting in noisy spaces, having my phone nearby, trying to do everything at once.

How often do you have trouble focusing, especially when doing tasks that require sustained concentration? (1 = Never; 5 = Very often):

1

2

3

4

5

Additional notes:

Examples

I've noticed that I focus better in the morning and then my concentration decreases after lunch time.

If I don't sleep well, my focus is all over the place the next day.

I felt productive when I studied after exercising.

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Focus and attention:

How is your focus and attention on a well-managed day with ADHD? For example, are there any tasks that you find easier to complete? Note anything that remains difficult and anything that has helped or hindered your progress.

How often do you have trouble focusing, especially when doing tasks that require sustained concentration? (1 = Never; 5 = Very often):

1

2

3

4

5

Additional notes:

For the following categories below, please describe what you think a day looks like when your ADHD is well managed. Then, rate on a scale of 1–5 (1 = Never; 2 = Rarely; 3 = Sometimes; 4 = Often; 5 = Very often) how you would best describe your behaviours over the last 6 months. You can add any notes to provide more details e.g. specific behaviours you have identified, things that have helped you manage (such as exercise and meditation).

Time management:

How is your time management on a well-managed day with ADHD? For example, have you managed to attend lessons or appointments on time? Note anything that remains difficult and anything that has helped or hindered your progress.

How often have you been late to an appointment or other obligations? (1 = Never; 5 = Very often):

1

2

3

4

5

Additional notes:

Daily routine:

How is your routine on a well-managed day with ADHD? For example, are there any tasks that you find easier to complete? Note anything that remains difficult and anything that has helped or hindered your progress.

How often have you found difficulty in sticking to your daily routine? (1 = Never; 5 = Very often):

1

2

3

4

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Additional notes:

For the following categories below, please describe what you think a day looks like when your ADHD is well managed. Then, rate on a scale of 1–5 (1 = Never; 2 = Rarely; 3 = Sometimes; 4 = Often; 5 = Very often) how you would best describe your behaviours over the last 6 months. You can add any notes to provide more details e.g. specific behaviours you have identified, things that have helped you manage (such as exercise and meditation).

Impulse control:

How is your impulse control on a well-managed day with ADHD? For example, are there any moments where you have managed to control your compulsion to do things? Note anything that remains difficult and anything that has helped or hindered your progress.

How often do you feel compelled to do things, even if consciously you don't want to? (1 = Never; 5 = Very often):

1

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Additional notes:

Social interactions:

How are your social interactions on a well-managed day with ADHD? For example, have you had any conversations where you haven't interrupted anyone who is speaking? Note anything that remains difficult and anything that has helped or hindered your progress.

How often do you find difficulty with social interactions? (1 = Never; 5 = Very often):

1

2

3

4

5

Additional notes: