



# Tracking progress of ADHD in teens

Symptoms of attention-deficit/hyperactivity disorder (ADHD) can affect many areas of your teen’s life — from home to school to relating to others. This tool can help you and your teen keep track of how things are going while on treatment.

**Before you fill in the tracker, make copies for future use.** Each week, set aside some time to sit down with your teen. Talk with your teen and his or her teachers about how things have been going. Fill in the tracker. Over time, you can track how well the treatment plan is helping your teen. Share progress and concerns with your teen’s healthcare provider. If symptoms are not getting better, the healthcare provider can help by changing your teen’s medicine, dosage, or counseling plan.

Teen’s name: \_\_\_\_\_

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

**Together, check off how your teen’s symptoms have been.**  
(Think about home, school, and relating to others.) Make notes about when and where symptoms occur. Or, note any changes or concerns.

Medicine: \_\_\_\_\_

Dosage: \_\_\_\_\_

Teen’s weight: \_\_\_\_\_

	Rarely/ Never	Occasionally	Often	
<b>Symptoms related to attention</b>				<b>Notes:</b>
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"/>	
<b>Symptoms related to activity</b>				<b>Notes:</b>
Fidgets and squirms in seat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Often leaves seat in classroom or other situations where remaining seated is expected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Talks a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has difficulty with quiet leisure activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is often “on the go”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Symptoms related to self-control</b>				<b>Notes:</b>
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 teen has.

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

