

ADHD and period tracker

Hormones play a powerful role in all of our lives. And when they fluctuate, like they do during your menstrual cycle, your mood and ADHD symptoms can change too. Tracking your ADHD symptoms throughout the month can help you identify trends. Print this tracker to log where you are in your cycle and the intensity of your ADHD symptoms to see what patterns emerge. The more challenging your symptoms feel, the more boxes you can shade. And remember, if you're concerned, or if you need help, reach out to a health care provider.

Date	ADHD symptoms	Cycle info
1	■	-
2	■	-
3	■ ■ ■	-
4	■ ■	-
5	■	-
6	■ ■	-
7	■	-
8	■ ■	-
9	■	-
10	■	-
11	■	-
12	■	-
13	■	Potential ovulation?
14	■ ■	Potential ovulation?
15	■ ■	Potential ovulation?
16	■	-
17	■ ■	-
18	■ ■	-
19	■ ■	-
20	■ ■	-
21	■ ■ ■	-
22	■ ■	-
23	■ ■ ■	-
24	■ ■ ■	-
25	■ ■	-
26	■ ■ ■ ■	-
27	■ ■ ■ ■ ■	-
28	■ ■ ■ ■ ■	-
29	■ ■ ■ ■	Period
30	■ ■ ■ ■ ■	Period
31	■ ■ ■	Period

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month : _____

Date	ADHD symptoms					Cycle info
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						