

ADHD and mood tracker

Use this tracker each month to log your mood and the intensity of your ADHD symptoms to see how they're connected. The more you log, the more patterns you might uncover. Remember, always reach out to a health care provider if you have any questions or concerns.

Key

Mood

Good
Neutral
Bad

ADHD symptoms

Manageable
Challenging
Overwhelming

Month: _____

| Date | Mood | ADHD symptoms |
|----------------|------|---------------|
| Week 1 | | |
| Example | Good | Manageable |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| Week 2 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| Week 3 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |
| 21 | | |
| Week 4 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |
| 31 | | |

Notes