
Our Progress Journal

For

(CHILD'S NAME)

This journal is a valuable tool for tracking your child's experience with ADHD.* You can use it the way that works best for you.

Life can be hectic. It can be hard to predict what might happen. At times, it can even be hard to remember what happened yesterday. Your journal can be a useful tool for tracking how your child is doing. It can help you organize important information about your child. Then you can discuss the topics during your child's next doctor visit.



Writing in your journal can also be a fun activity to do with your child. It can help you celebrate wins for the past week and set both of you up for success the next week.

Our Progress

Week

Monday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Element A
(this should be first)

Tuesday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Thursday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Friday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Saturday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Sunday

How was your day?
Circle one and talk about it.



Medicine _____

Time _____

Dose _____

Element B1:
Highlights
(if element
B2 is
deleted,
"Highlights"
head moves
here)

Get in the habit

Good habits can help you be

Element C: habits
(belongs with
daily elements)

M T W Th F Sa Su

M T W Th F Sa Su

M T W Th F Sa Su

M T W Th F Sa Su

M T W Th F Sa Su

Notes

Use this space for anything you want. Look to the right for ideas.

Element C:
Notes (flexible
re writing rules)

Read any good
books lately?



Important
milestones

Highlights

Element B2: Highlights (flexible re writing
rules and location --I suggest deleting this)

Help your child understand what they're
feeling. Help them find words to explain it.

Our Progress

Week of _____

Positive things that happened this week:

Things we can work on:

What kind of week was it?



Why?

Get in the habit

Good habits can help you be your best. Write a good habit. Then circle each day you do it. The first is an example for you.

I brushed my teeth	☒ M	T	☒ W	☒ Th	F	Sa	Su
_____	M	T	W	Th	F	Sa	Su
_____	M	T	W	Th	F	Sa	Su
_____	M	T	W	Th	F	Sa	Su
_____	M	T	W	Th	F	Sa	Su
_____	M	T	W	Th	F	Sa	Su

Monday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Tuesday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Wednesday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Thursday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Friday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Saturday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Sunday

How was your day?

Circle one and talk about it.

Medicine _____ Time _____ Dose _____

Notes

Week of _____

Use this space for anything you want. Look to below for ideas.

[illegible]

Read any good books lately?

Important milestones

What made you smile today?

Highlights

Weekly Tip

Help your child understand what they're feeling. Help them find words to explain it.

Free Space

(use this space for notes you want to find quickly
e.g. questions or for your doctor etc.)

The background of the slide is a solid teal color. In the top-left corner, there are several curved, overlapping lines in a slightly darker shade of teal, creating a sense of motion or a stylized graphic element.

Corium

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