



ADHD Early Signs Tracker

7-Day Behavior Observation Log

Purpose: Use this tracker to record specific behaviors over one week. Your notes give doctors clear data to understand patterns.

Instructions for Parents:

- **Mark frequency:** Put a ✓ under each day when the behavior occurs. Add extra marks (✓✓) or write the number if it happens more than once.
- **Rate intensity:** Circle 1–5 (1 = mild, 5 = extreme) to show how strong the behavior was.
- **Record environment:** Note where it happened (e.g., home, school, playground, bedtime).
- **Add weekly notes:** Write down impacts on safety, daily life, sleep, or transitions.

Important: This log does not diagnose ADHD. It helps your doctor identify behavior patterns clearly.

Child's Name:	
Age:	
Gender:	Male ■ Female ■ Other ■

1. Daily Behavior Tracker

Behavior Pattern	Environment	Intensity	M	T	W	T	F	S	S
Aimless Movement		1 2 3 4 5							
Ignores Stop & No		1 2 3 4 5							
Easily Distracted		1 2 3 4 5							
Hard Transitions		1 2 3 4 5							
Bedtime Battles		1 2 3 4 5							

2. Weekly Impact Notes

Safety Incidents	
Daily Life Barriers	
Sleep Struggles	
Transition Struggle	

3. At the Time of Appointment

- **Show frequency:** Point to the checkmarks to show how often the behaviors happen.
- **Explain intensity:** Use your 1–5 ratings to discuss the severity of the struggle.
- **Share impact:** Explain how these behaviors affect your child's safety and your family's daily routine.

Thank you, Team Medihealth Pro

Your observations help your doctor understand your child's behavior more clearly and make your appointment more productive.