



ADHD Toddler Post-Activity Response Tracker

This tracker helps you understand how your child's nervous system responds after specific activities. Instead of only observing behavior, you are now observing regulation. In other words, you are identifying which activities improve **focus, reduce hyperactivity, trigger overstimulation, or have little effect.**

Use this log right after structured activities like heavy work, sensory play, or transition tools. Rate your child's state before and 15 to 20 minutes after the activity, often called the **Golden Window**. This makes it easier to see what works best for your child.

How to rate behavior:

1 = Calm and regulated

2 = Slightly restless

3 = Active but manageable

4 = Very restless or emotional

5 = Extremely dysregulated

Tip: *This scale measures your child's nervous system state, not specific ADHD behaviors.*

How to Interpret Your Results

This tracker helps you spot patterns, not isolated moments.

- **Calming Response:** Ratings drop by 2 or more points. As a result, the activity helps regulate the nervous system.
- **Focused Response:** Your child stays seated longer, follows instructions, or transitions more smoothly.
- **No Change:** Ratings stay similar. The activity may not match your child's sensory needs.
- **Overstimulation:** Ratings increase. This activity may be too alerting right now.

Why This Matters

When you bring this log to a pediatrician or developmental specialist, you are showing objective patterns, not just memory or impressions. In addition, this helps professionals understand your child's unique regulation profile and choose better support strategies.

Important: *This tracker does not diagnose ADHD. However, it provides valuable behavioral data that supports accurate evaluation and early intervention.*



Day	Activity	Before (1-5)	After (1-5)	Focus	Hyperactivity	Impulsivity	Parent Notes
1	Laundry Train			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
2	Wall Push			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
3	Animal Walks			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
4	Slow Rocking			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
5	The "Tightrope Walk"			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
6	Rolling Races			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
7	Stop-and-Go Dancing			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
8	Sensory Bin			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
9	Bubble Breath			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
10	Visual Timer			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	
11	Musical Cue			<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	<input type="checkbox"/> Better <input type="checkbox"/> Same <input type="checkbox"/> Worse	

**Thank you,
Team Medihealth Pro**

Your observations help your doctor understand your child's behavior more clearly.