



# ADHD Early Signs Tracker

## 7-Day Behavior Observation Log

**Purpose:** Use this tracker to record specific behaviors over one week. Clear notes help your pediatrician identify patterns and better understand your child’s development.

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

### Instructions for Parents:

- **Mark frequency:** Place 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:** Document any impact on safety, daily routines, sleep, or transitions.

Look for patterns that are **persistent, intense, and Omnipresent (present across multiple settings)**.

### Child’s Information

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. Preparing for the Appointment**

**When you meet with your pediatrician, use this information to:**

- **Show Frequency:** Point to how many days a week these behaviors occur.
- **Explain Intensity:** Use your 1–5 ratings to show that these aren't just "toddler moments."
- **Share Impact:** Explain how it specifically affects safety and your family's daily routine.

#### **Takeaway:**

Early intervention is the most powerful tool a parent has. Whether your child's behavior turns out to be a "threenager" phase or early signs of ADHD, documenting what you see is the first step toward the right support.

Use the **P.I.O.** Rule (Persistent, Intense, Omnipresent) as your guide, and remember that you don't have to navigate this alone.

**Thank you,**

**Team Medihealth Pro**

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