



insideADHD.org™
Focusing together on ADHD

Medication Log

If your child takes medication for ADHD, it can be useful to keep a day-to-day record of the impact of the medication. This information can be extremely useful to your child's health care provider - especially if your child has just started taking medication, or if there has been a change in his or her current medication regimen. A medication log can help your child's health care provider see whether or not the medication is having its intended impact.

WHO SHOULD USE THIS TOOL?

Your and your child should update the medication log together each day.

HOW SHOULD IT BE USED?

Every day, you and your child should complete an entry on the first part of the medication log. At the end of the week, sit down with your child and discuss how he or she felt that week. Together, complete the **"How did you feel this week?"** section. It is designed to inform your clinician of your child's levels of different ADHD symptoms experienced through the course of the entire week.

Present the completed medication logs to your health care provider. The prescribing clinician will be able to get a better idea of how effective a medication has been for your child.

Medication Log							
Medication & Dosage:	Week of: _____						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At what time(s) did you take your medication?							
Did you eat before or after you took your medication?	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No
When did you notice the effects of the medication?	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never
How long did the effects of the medication last?							

How did you feel this week?								
I was able to focus and pay attention	Less	Same	More	I didn't lose or misplace things	Less	Same	More	
I completed my assignments and chores	Less	Same	More	It was hard for me to work/play quietly	Less	Same	More	
I was able to stay neat and organized	Less	Same	More	I felt like my mind was "sped up"	Less	Same	More	
I was able to sit still when I had to	Less	Same	More	I moved/fidgeted my hands or feet a lot	Less	Same	More	
I waited for my turn without interrupting	Less	Same	More	I felt nervous	Less	Same	More	