FREE WORKSHEET · FOCUS WITH ADHD, SUBJECT 55

Dopamine menu for ADHD

- [ ] TODAY, 5 MINUTES
Write the card. Five to seven lifts, each under fifteen minutes. Pin it where the slump happens.
Done on _____

- [ ] AT THE NEXT LOW
Pick one. Rate your state from 1 to 5 before and after, and write both numbers next to the item.
Done on _____

- [ ] THIS WEEK
Menu versus phone. At each low point, one mark in the menu column or the phone column. On Sunday, keep the items that reliably moved the number.
Done on _____

MY QUICK-LIFT MENU

Lift	Minutes	Before (1 to 5)	After (1 to 5)

THIS WEEK: MENU OR PHONE

Day	Menu	Phone
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		