

Medication and Dosage:

Medication Logⁱ

Week of

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At what time(s) did you take your medication?							
What did you eat before or after you took your medication?							
When did you first notice the effects of the medication?							
When did you notice the effects of the medication start to wear off?							
What positive effects did you notice in relation to your ADHD behaviors?							
What negative side effects did you notice?							
What was your general mood like during the day?							
Other Comments							

Notes:

Questions/ Concerns:

ⁱ Adapted from <http://www.insideadhd.org/>