



# PRACTICAL CYCLE TRACKING FOR ADHD

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USE THIS TRACKER TO NOTICE PATTERNS BETWEEN HORMONE PHASES AND CHANGES IN ADHD SYMPTOMS

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
FOCUS																												
MOTIVATION																												
EMOTIONAL SENSITIVITY																												
SLEEP																												
STIMULANT EFFECT																												



ESTROGEN LOW



ESTROGEN RISING



ESTROGEN PEAK



PROGESTERONE HIGH

## TRACK YOUR SYMPTOMS DAILY!

CHOOSE ONE WAY TO MARK YOUR SYMPTOMS THAT FEELS NATURAL

- WRITE A NUMBER (1 IS THE LOWEST, 5 IS THE HIGHEST)
- USE A QUICK SYMBOL:
  - ! = STRESSFUL
  - // = STABLE
  - ↓ = LOW
  - ↑ = HIGH
  - ⚡ = GOOD
  - Z = POOR

DO NOT OVERTHINK IT! TINY, QUICK ENTRIES ARE ENOUGH!

## REVIEW YOUR WEEK

AT THE END OF EVERY FEW DAYS, LOOK ACROSS THE ROW:

- DO SYMPTOMS GET BETTER IN CERTAIN COLORS/PHASES?
- DO CERTAIN SYMPTOMS FLARE UP AT THE SAME TIME EACH CYCLE?
- DOES YOUR STIMULANT MEDICATION FEEL DIFFERENT DEPENDING ON THE HORMONE PHASE?
- ARE THERE PATTERNS YOU WANT TO BRING TO THERAPY, PSYCHIATRY, OR PERSONAL PLANNING?

THIS IS WHERE THE INSIGHT HAPPENS.

## START A NEW SHEET EVERY CYCLE

THIS TRACKER WORKS BEST WHEN YOU:

- FILL OUT ONE PAGE PER MENSTRUAL CYCLE
- COMPARE MULTIPLE MONTHS SIDE BY SIDE
- HIGHLIGHT RECURRING PATTERNS

OVER TIME, YOU'LL SEE CONSISTENT RHYTHMS IN YOUR ADHD FUNCTION