



# The Being Well Center

living your life with tailored, success-driven strategies.

## ADD Daily Activities Checklist – Adult

Instructions: For each daily task listed below, check whether it is currently a problem or not a problem.

Daily Task	Problem	No Problem
Wake up refreshed and on time		
Do personal hygiene routines (shower/bathe/brush teeth)		
Have regular bowel movements		
Get dressed and be ready to leave for school/work on time		
Eat regular meals and make good choices about quality and quantity		
Drink sufficient fluids		
Be on time for school or work and keep other appointments		
Complete assigned tasks, doing quality work in a timely fashion		
Read, write, and do computations efficiently		
Plan work and projects		
Set limits and manage time		
Solve problems and manage stress		
Control emotions and reactions		
Have good social skills and communicate effectively		
Exercise caution using tools, appliances, and vehicles		
Use seat belts		
Do household chores		
Pay bills and be financially responsible		
Plan meals, buy groceries, and prepare healthy meals		
Exercise regularly		
Practice relaxation		
Take medications, health aides, and follow medical recommendations		
Make responsible decisions regarding smoking, drinking, drugs, and sex		
Stay connected with significant others		
Settle for bed and sleep soundly		
Maintain predictable bedtime and wake time		
<b>Total:</b>		