



The Being Well Center

living your life with tailored, success-driven strategies.

ADD Daily Activities Checklist – Child/Adolescent

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 easily on time		
Do personal hygiene routines (shower/bathe/brush teeth) independently		
Have regular bowel movements without reminders		
Get dressed independently and be ready to leave for school on time		
Make appropriate food choices about quality and quantity		
Eat regular meals		
Drink sufficient fluids		
Be on time for classes and keep track of other activities		
Complete homework independently; do quality work in a timely fashion		
Bring materials (books, notes, forms, etc.) to and from school		
Read, write, and do computations efficiently		
Plan work and complete projects independently in a timely fashion		
Solve problems and manage stress		
Control emotions and reactions		
Have good social skills and communicate effectively		
Exercise caution using toys, tools, appliances, and vehicles		
Use seat belts		
Do household chores without reminders		
Handle money responsibly		
Exercise regularly		
Practice relaxation		
Cooperate in taking medications following medical recommendations		
Make responsible decisions regarding smoking, drinking, drugs, and sex		
Settle for bed and get to sleep independently		
Maintain predictable bedtime and wake time		
Total:		