

ADHD Checklist

Is there someone in your family who:

- Has trouble sustaining attention in work or play
- Ignores details; makes careless mistakes
- Does not follow through on instructions; often doesn't finish a task
- Has difficulty organizing tasks and activities
- Loses things often
- Is distracted by extraneous noise
- Avoids activities that require a sustained mental effort
- Is forgetful in daily activities
- Fidgets or squirms
- Often has to get up from seat
- Talks excessively
- Blurts out answers before questions have been completed
- Has difficulty waiting his/her turn
- Has had a spouse or significant other point out a lack of concentration, focus or ability to follow through
- Has had a teacher point out the individual isn't able to stay focused in class

Above are characteristics frequently present in people with ADHD. If you have checked several of these boxes, consider consulting your health professional or giving us a call.



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