



# ADHD Distraction Tracker Worksheet Printable

Stay organized & on track

17 Start: \_\_\_\_\_

17 End: \_\_\_\_\_

NAME / PET  
\_\_\_\_\_

GOAL  
\_\_\_\_\_

REVIEW DATE  
\_\_\_\_\_

✓ Identify personal distraction patterns

✓ Improve focus and study productivity

✓ Cute, student-friendly design

✓ Free printable PDF download

✓ Easy-to-use tracking columns

## Tracking Log

#	Date	Item / Task	Details	Notes	Status
1					<input type="radio"/>
2					<input type="radio"/>
3					<input type="radio"/>
4					<input type="radio"/>
5					<input type="radio"/>
6					<input type="radio"/>
7					<input type="radio"/>
8					<input type="radio"/>
9					<input type="radio"/>
10					<input type="radio"/>
11					<input type="radio"/>
12					<input type="radio"/>
13					<input type="radio"/>
14					<input type="radio"/>

## Additional Notes

## Next Steps

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

*"Focus on progress, not perfection."*