11.2

WORKSHEET · CHAPTER 11

The effects log

One column a week, six weeks to a page. 0 to 10 in each box, or draw a face. Bring it to the review.

WEEK OF						
ADHD SIDE						
Focus						
Starting						
Restlessness						
AUTISTIC SIDE						
Overload						
Rigidity						
Social tiredness						
Sensory sensitivity						
EVERY WEEK						
Sleep						
Appetite						
Heart racing						
Mood						
Cycle, if it applies						
What changed						

Medicine, and any change this page covers _____

On a bad day: one number for the whole day. That's still a log.