

STEP 5 REFLECTIONS: MY TREATMENT PLAN

In Step 5, we learned more about the treatment options for ADHD and discussed how the best approach is typically one that combines diet, exercise, and lifestyle efforts.

Now it's time to decide on your treatment plan. Studies have shown that simply writing down a goal greatly increases commitment to it, so please fill out the treatment plan here (or use a spare piece of paper if you need more room).⁴¹

DIET

Dietary choices I have been making that I will now stop: _____

Healthy dietary efforts I will start making: _____

EXERCISE

I (or my child) currently engage/s in challenging physical activity (heart rate increasing, breathing harder) an average of _____ per week. I will increase this to a total of _____ per week.

I (or my child) will engage in challenging physical activity at the following time/s on the following days:

Mon _____ Tues _____ Wed _____ Thurs _____

Fri _____ Sat _____ Sun _____

ENVIRONMENT

I (or my child) currently spend time outdoors an average of _____ per week. I will increase this to a total of _____ per week.

I (or my child) will get outdoors at the following time/s on the following days:

Mon _____ Tues _____ Wed _____ Thurs _____

Fri _____ Sat _____ Sun _____