ADHD Dopamine Menu Printable for Adults & Remote Workers

2-PAGE CORAL & EMERALD EDITION PDF



Desserts

- Social scroll (10 min)
- Bath
- Game level
- One episode
- Chat with a friend

Appetizers

- Step outside
- Doodle
- Window break
- Favourite song
- Cold water
- Stretch 2 min
- Tea ritual

Sides

- Snack plate
- Lo-fi beats
- Standing desk
- Timer game
- Podcast

Mains

- Bike ride
- Dance break
- Body-double call
- Gym class
- Cook something
- Walk a loop

ADHD Dopamine Menu Printable for Adults & Remote Workers

2-PAGE CORAL & EMERALD EDITION PDF



My own menu

- _____
- _____
- _____
- _____
- _____
- _____

Energy check

- Low — try an appetizer
- Medium — pick a main
- High — specials!
- Stuck — body double
- Bored — new side
- Tired — rest

	1	2	3	4	5	6	7	8	9	10	11	12
Mon	○	○	○	○	○	○	○	○	○	○	○	○
Tue	○	○	○	○	○	○	○	○	○	○	○	○
Wed	○	○	○	○	○	○	○	○	○	○	○	○
Thu	○	○	○	○	○	○	○	○	○	○	○	○
Fri	○	○	○	○	○	○	○	○	○	○	○	○
Sat	○	○	○	○	○	○	○	○	○	○	○	○
Sun	○	○	○	○	○	○	○	○	○	○	○	○