ADHD Dopamine Menu Printable for College & Grad Students

2-PAGE EMERALD & PEONY EDITION PDF

Specials

- Art class
- Book shop visit
- Hike
- Beach swim
- Concert

Desserts

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

Sides

- Snack plate
- Fidget
- Timer game
- Chewing gum
- Candle
- Lo-fi beats

Appetizers

- Favourite song
- Doodle
- Pet the dog
- Window break
- Cold water
- Step outside
- Tea ritual

ADHD Dopamine Menu Printable for College & Grad Students

2-PAGE EMERALD & PEONY 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	●	●	●	●	●	●	●	●	●	●	●	●