ADHD Dopamine Menu Printable for High-School & Teen Study

2-PAGE AEGEAN COBALT & SUN EDITION PDF

Desserts

- Online browse
- Bath
- Nap
- Social scroll (10 min)
- Comic
- Game level

Sides

- Standing desk
- Snack plate
- Timer game
- Candle
- Podcast
- Fidget
- Chewing gum

Specials

- Art class
- Book shop visit
- Beach swim
- New recipe
- Concert
- Museum

Appetizers

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

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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	●	●	●	●	●	●	●	●	●	●	●	●