ADHD Self-Management

As part of your personal management of your child's ADHD it is important to maintain good health. This would include eating well, exercising, and minimizing screen time as a part of that plan. We encourage **5/2/1/0** for 5 fruits and vegetables per day, 2 or less hours of screen time per day, 1 hour or more of exercise per day, and 0 sugar sweetened beverages. To help you with that please use the following diary to monitor how you are meeting these goals. You can also add the treatment goals on your ADHD Management Plan to this diary.

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