



Master Your Mind: Free ADHD Evaluation Guide & Focus Tracker

This guide is designed to help you explore and identify ADHD symptoms while empowering you with a practical tool to track your focus patterns.



www.adhdtestnow.com

CHAPTER 1

Understanding ADHD

Learn about the key symptoms of ADHD, including attention difficulties, impulsivity, and behavioral challenges. Gain insight into how these symptoms can appear in daily life, helping you recognize possible patterns in your own experiences.

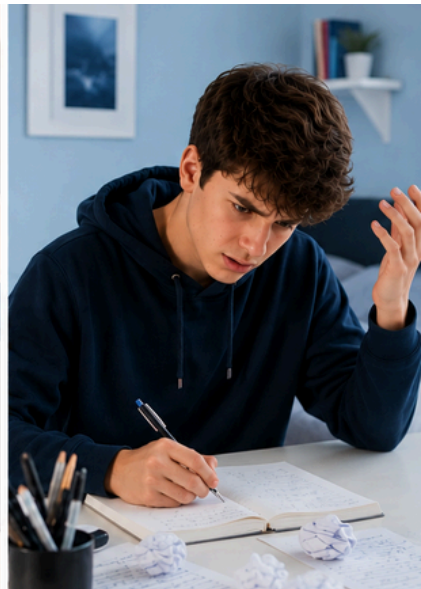
What ADHD Can Look Like

ADHD isn't just about being "hyper" or distracted. It may include:

- Difficulty starting or finishing tasks
- Inconsistent focus — not always low, sometimes
- Intense forgetfulness or losing track of things
- Mental restlessness
- Feeling overwhelmed by simple tasks

What ADHD Is NOT

<p>Not Laziness People with ADHD are often working harder than anyone around them.</p>	<p>Not a Lack of Intelligence ADHD has no connection to cognitive ability or IQ — only attention regulation.</p>	<p>Not a Personality Flaw Many capable, motivated individuals live with ADHD every day.</p>
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CHAPTER 2

The Importance of Objective Assessments

Discover the value of data-driven assessments in understanding ADHD. Objective evaluations provide clarity, guiding you toward informed decisions with your healthcare provider.

ADHD Evaluation Is Not Just a Quiz

In real clinical settings, ADHD is usually evaluated using multiple sources of information:

<p>1</p> <p>CLINICAL INTERVIEW</p> <p>History of symptoms, daily functioning, and childhood patterns</p>	<p>2</p> <p>SELF-REPORT QUESTIONNAIRES</p> <p>Helps identify perceived symptoms across multiple settings</p>
<p>3</p> <p>OBJECTIVE TESTING</p> <p>Measures attention and impulse control through performance-based tasks.</p>	<p>4</p> <p>FUNCTIONAL IMPACT</p> <p>How symptoms affect work, school, or daily life, across multiple settings</p>

Evaluation is based on multiple sources of information.



CHAPTER 3

Tracking Your Focus

Introducing the Focus Tracker, a practical tool to help you monitor your attention and behavior patterns. This chapter provides step-by-step instructions on using the tracker effectively.

Using the Focus Tracker

- **Set Your Goals:** Begin by defining your focus tracking goal.
- **Daily Entries:** Record your attention levels and any distractions you encounter.
- **Review Weekly:** Analyze patterns and identify areas for improvement.

YOUR 7-DAY FOCUS & SYMPTOM TRACKER

Track daily patterns to share with your healthcare provider

Use this tracker for one week. Rate each area from 1 to 5 each day (1 = very difficult, 5 = no difficulty). Bring this completed page to your follow-up appointment.



Focus Area	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sustained attention (work / school)							
Impulse control							
Task completion & follow-through							
Organization & planning							
Physical restlessness / fidgeting							
Emotional regulation							
Sleep quality the night before							
Overall daily functioning							

Daily Energy & Mood Snapshot

Circle one per day:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Low / Med / High	Low / Med / High	Low / Med / High	Low / Med / High	Low / Med / High	Low / Med / High	Low / Med / High

Weekly Reflection

What patterns did you notice this week? Any triggers or particularly good / difficult days?

"Top Triggers" Checklist

- Lack of sleep
- Stress
- Noise/distractions
- Social media
- Overthinking
- Skipping meals
- Too many tasks



CHAPTER 4

Next Steps and Support

Explore the next steps in your ADHD journey. From seeking professional assessments to utilizing FDA-cleared technologies, this chapter guides you in taking confident and informed action.

Professional Assessment

When seeking an ADHD assessment, look for a provider who:

- Is board-certified in psychiatry, psychology, or a related specialty
- Uses both subjective and objective assessment methods
- Takes a culturally sensitive and patient-centered approach
- Provides clear follow-up and treatment planning

Innovative Solutions: FDA-Cleared Technology

Objective ADHD testing tools measure core symptoms — attention, impulsivity, and movement — and provide clinicians with data-driven reports to enhance diagnostic confidence.



How the Computer-Based Test Works

A 15–20 minute computer-based test conducted in a clinical setting, measuring motor activity, attention, and impulsivity with precision down to the millimeter.



Remote / Telehealth Testing

Take your ADHD evaluation from the comfort of home. Telehealth-compatible, FDA-cleared tools make access easier than ever — no matter where you are.

You now have the tools to better understand your ADHD symptoms and track your focus patterns. By using this guide and the Focus Tracker, you're taking an important step towards clarity and confidence. Remember, understanding your symptoms is the key to making informed decisions about your next steps. You deserve to live with clarity and assurance.

MEET THE FOUNDER



Hi, I'm Dr. Mary Okonofua, a dual board-certified Psychiatric Mental Health and Family Nurse Practitioner, educator, and healthcare provider licensed in Texas, Colorado, and Arizona.

I support individuals in finding clarity around ADHD through objective, data-driven assessments that gently explore attention, impulsivity, and behavior patterns. My approach is thoughtful, compassionate, and grounded in evidence-based care.

I provide structured and culturally sensitive support for children, adults, and seniors, always taking a careful "start low and go slow" approach. My goal is to create a safe and understanding space where every person feels truly heard, supported, and confident as they take their next steps toward better mental wellness.



Ready to Stop Guessing and Start Knowing?

You now have the insight to move from uncertainty to clarity. With objective data and the right support, more informed decisions—and better outcomes—become possible.

Contact Us Today

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