

TOTAL FOCUS Behavior Checklist

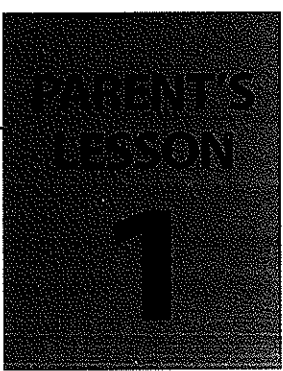
For each item, check the column which best describes this child:	Not At All (0)	Just A Little (1)	Quite A Bit (2)	Very Much (3)	Score
1. Often fails to give close attention to details or makes careless mistakes in schoolwork or tasks					
2. Often has difficulty sustaining attention in tasks or play activities					
3. Often does not seem to listen when spoken to directly					
4. Often does not follow through on instructions and fails to finish schoolwork, chores, or duties					
5. Often has difficulty organizing tasks and activities					
6. Often avoids, dislikes, or reluctantly engages in tasks requiring sustained mental effort					
7. Often loses things necessary for activities (e.g., toys, school assignments, pencils, or books)					
8. Often is distracted by outside stimuli					
9. Often is forgetful in daily activities					
10. Often has difficulty maintaining alertness, orienting to requests, or executing directions					
A TOTAL SCORE (Attention/Concentration)					
11. Often fidgets with hands or feet or squirms in seat					
12. Often leaves seat in classroom or in other situations in which remaining seated is expected					
13. Often runs about or climbs excessively in situations in which remaining seated is expected					
14. Often has difficulty playing or engaging in leisure activities quietly					
15. Often is "on the go" or often acts as if "driven by a motor"					
16. Often talks excessively					
17. Often blurts out answers before questions have been completed					
18. Often has difficulty awaiting turn					
19. Often interrupts or intrudes on others (e.g., butts into conversations/games)					
20. Often has difficulty sitting still, being quiet, or inhibiting impulses in the classroom or at home					
B TOTAL SCORE (Hyperactivity)					



Checklist Continued on Back.

TOTAL FOCUS Behavior Checklist

For each item, check the column which best describes this child:	Not At All (0)	Just A Little (1)	Quite A Bit (2)	Very Much (3)	Score
21. Often has trouble taking no for an answer					
22. Often is excitable, impulsive					
23. Often cries easily					
24. Often loses temper					
25. Often blames others for his or her mistakes or misbehavior					
26. Often is restless or overactive					
27. Often disturbs other children					
28. Often changes mood quickly and drastically					
29. Often easily frustrated if demands are not met immediately					
30. Often is negative, defiant, disobedient, or hostile toward authority figures					
C TOTAL SCORE (Behavior/Self-Control)					
31. Has difficulty getting started on classroom assignments					
32. Has difficulty staying on task for an entire classroom period					
33. Has problems in completion of work on classroom assignments					
34. Has problems in accuracy or neatness of written work in the classroom					
35. Has difficulty attending to a group classroom activity or discussion					
36. Has difficulty making transitions to the next topic or classroom period					
37. Has problems in interactions with peers in the classroom					
38. Has problems in interactions with staff (teacher or aide)					
39. Has difficulty remaining quiet according to classroom rules					
40. Has difficulty staying seated according to classroom rules					
D TOTAL SCORE (Academic Achievement/School)					
OVERALL TOTAL SCORE (A+B+C+D)					



Let's Get Focused

HOW TO USE THE BEHAVIOR CHECKLIST TO HELP YOUR CHILD

By now you have filled out the Behavior Checklist. Ideally both parents or the significant adults involved in parenting your child have filled it out, as well as your child's teacher. You can score the checklists simply by adding up the scores in each section and then adding up the total.

What does the total score say about your child? Most likely, the higher the total score, the more the ADHD diagnosis is affecting your child, you, and your family.


Many parents find the scores in sections A and B to be most helpful. If your child's score in Section A is much higher than Section B, then the primary problem is attention and concentration. If Section B is much higher than Section A, then your child's primary problem is in the area of hyperactivity and impulse control. If they are both equally high, then your child has problems in both areas.

This corresponds to the way health professionals currently diagnose ADHD, which is predominately inattentive, predominately hyperactive or mixed.

If your child's score in either A or B is 25 or more, and he has not yet been diagnosed with ADHD, I recommend that you contact your child's physician or a mental health practitioner to discuss the findings. This can be a key step in obtaining an effective treatment plan for your child.

To get the best results from the Total Focus Program, it's important to use the entire program. If, after reviewing the Behavior Checklist, you find that your child has problems with hyperactivity and impulse control, you may want to emphasize the exercises and audio session in Lesson Five. If the attention and concentration score is higher, it may be helpful to emphasize the exercises and the audio session in Lesson Six.

On the next page, you will find a Progress Chart. Record your child's scores for each section of the Behavior Checklist in the first column of the chart. Then, in one month, I recommend that you fill out the Behavior Checklist again and record the results. It's helpful to do this evaluation after one month, then at three months and then at six months. This will give you a way to actually measure your child's progress with the Total Focus Program and with his overall treatment plan.

 Please record results on the next page.

TOTAL
FOCUS Progress Chart

Section	Starting Point	1 Month	3 Months	6 Months
A. Attention/Concentration	30	30	30	30
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
B. Hyperactivity	30	30	30	30
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
C. Behavior/Self-Control	30	30	30	30
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
D. Academic Achievement	30	30	30	30
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
Major Achievements:				
1 Month _____				
3 Months _____				
6 Months _____				