

| | Never or Rarely | Sometimes | Often | Very Often |
|--|-----------------|-----------|-------|------------|
| 6. Runs about or climbs excessively in situations in which it is inappropriate. | 0 | 1 | 2 | 3 |
| Are you physically restless? Do you feel restless inside? A lot? Do you feel more agitated when you cannot exercise on an almost daily basis? | | | | |
| 7. Does not follow through on instructions and fails to finish work. | 0 | 1 | 2 | 3 |
| Do you have trouble finishing things such as work or chores? Do you often leave things half done and start another project? Do you need consequences (such as deadlines) to finish things? Do you have trouble following instructions (especially complex, multistep instructions that have to be done in a certain order with different steps)? Do you need to write down instructions, otherwise you will forget them? | | | | |
| 8. Has difficulty playing or engaging in leisure activities quietly. | 0 | 1 | 2 | 3 |
| During leisure activity (nonstructured times or on your own, such as reading a book, listening to music, playing a board game) are you agitated or restless? Do you always need to be busy after work or while on vacation? | | | | |
| 9. Has difficulty organizing tasks and activities. | 0 | 1 | 2 | 3 |
| Do you have trouble organizing tasks into ordered steps? Is it hard prioritizing work and chores? Do you need others to plan for you? Do you have trouble with time management? Does it cause problems? Does difficulty in planning lead to procrastination and putting off tasks until the last moment possible? | | | | |
| 10. Is "on the go" or acts as if "driven by a motor." | 0 | 1 | 2 | 3 |
| Is it hard for you to slow down? Do you feel like you (often) have a lot of energy and that you always have to be moving, are always "on the go"? Do you feel like you're "driven by a motor"? Do you feel unable to relax? | | | | |
| 11. Avoids tasks (e.g., schoolwork, homework) that require sustained mental effort. | 0 | 1 | 2 | 3 |
| Do you avoid tasks (work, chores, reading, board games) that are challenging or lengthy because it's hard to stay focused on these things for a long time? Do you have to force yourself to do these tasks? How hard is it? Do you procrastinate and put off tasks until the last possible moment? | | | | |
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SUBTOTAL=