



ADHD P.R.O.G.R.E.S.S.

Protein

Prioritize including protein in all snacks and meals. Reduce processed foods.

Organization

Use organizational tools daily including calendars, timers, schedules, folders, labels, etc.

Rest Breaks

Provide timed rest breaks between activities to allow for movement or a specific task.

Sleep

Establish good sleep hygiene including a calm environment and bedtime routines.

Routines

Develop routines and create predictable schedules. Provide visual examples.

Green Time

Provide time in natural surroundings. Sit by a window if time outdoors is limited.

Exercise

Schedule at least 10 minutes of physical exercise daily with alternating intensity levels.

Support Team

Recruit various people to help implement these suggestions. S is not for superhero!