



Tracking Chart

Accentrate110[®] provides lipids and nutrients for individuals over 110 lbs. with deficiencies in omega-3 fatty acids. These nutrients need time to accumulate and incorporate in the brain for noticeable improvement in cognitive wellbeing. Since improvement can be more difficult to see because it occurs gradually, this chart helps you document the progress. We recommend a 90-day trial period.



Cognitive Wellbeing	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Not paying attention to details or making careless mistakes							
Not listening when spoken to							
Difficulty paying attention							
Not finishing tasks							
Losing things (keys, paperwork)							
Easily distracted							
Forgetful							
Fidgets with hands; squirms							
Difficulty sitting quietly							
Blurts out when inappropriate							
Interrupting others talking							
Messy room/office/home							
Not finishing work or projects							
Difficulty getting ready to go places							
Chewing fingernails							
Always on phone in downtime							
Other(s):							

Taking Accentrate110[®] is not a substitute for medication. Please consult with your medical practitioner to see if this is right for you.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



accentrate 110[®]

BRAIN READY™ NUTRITION



Very Often

Often

Sometimes

Occasionally

Not Often

Emotional Wellbeing	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Losing temper							
Arguing with family, friends, and/or coworkers							
Actively defying rules or superiors							
Deliberately annoying others							
Difficulty waiting their turn							
Difficulty working with others							
Unable to calm down on their own							
Difficulty sleeping							
Feeling fearful, anxious, or worried							
Feeling overly guilty for mistakes							
Feeling lonely or unwanted							
Other(s):							



Negative

Struggling

Neutral

Improving

Positive

Relationships/Performance	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Relationship with family							
Relationship with coworkers							
Relationship with superiors							
Relationship with friends							
Overall school/work performance							
Overall behavior							