



MicroVita

Behavior Tracking Chart

The MicroVita® Kit begins with MicroVita® Focus the first month, MicroVita® Mood the second month, and then a third month break. While the strains in MicroVita® Focus and MicroVita® Mood are formulated for that specific benefit, there is some overlap, and with time, improvement in both areas should be noticed. The chart below can help document the improvements in behavior and outcome.



MicroVita® Focus - Month 1	Start	Week 1	Week 2	Week 3	Week 4
Not paying attention to details or making careless mistakes					
Difficulty listening when spoken to					
Difficulty paying attention					
Difficulty finishing tasks/projects					
Losing things (clothes, keys, homework, documents)					
Easily distracted					
Forgetful					
Fidgeting with hands; squirming					
Difficulty playing/sitting quietly					
Blurting out when inappropriate					
Interrupting others talking					
Messy room/house/office					
Difficulty learning new things					
Difficulty getting ready to go places					
Chewing fingernails					
Brain fog					
Difficulty starting tasks					
Always on phone during downtime					

The MicroVita® Probiotic Kit is formulated to cultivate a healthy gut microbiome and promote a focused self by restoring important, often missing microbes. Providing the twelve strains, separated over time, allows the strains to colonize without competing against each other.

