

## 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 outcome.



Very Often Often

Sometimes Occasionally

ly Not Often

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; squirmming					
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. Providing the twelve strains, separated over time, allows the strains to colonize without competing against each other.

## 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.





Very Often

Sometimes Occasionally

Not Often

MicroVita® Mood - Month 2	Week 5	Week 6	Week 7	Week 8
Difficulty Sleeping				
Losing Temper with Friends/Family/Co-workers				
Actively defying rules or superiors				
Deliberately annoying others				
Feeling sad or depressed				
Difficulty feeling happy, especially when doing activities that typically result in happiness				
Inability to calm down on their own				
Difficulty working with others				
Feeling fearful, anxious, or worried				
Feeling overly guilty for mistakes				
Feeling lonely or unwanted				
Difficulty waiting				
Gets sick				



Negative

Struggling Neutral

Improving

Positive

Behavior Changes	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Relationship with family													
Relationship with co-workers													
Relationship with superiors													
Relationship with friends													
Overall school/work performance													
Overall behavior													