



# Behavior Tracking Chart

Accentrate 110<sup>®</sup> addresses the nutritional deficiencies known to be associated with ADHD, and these nutrients need time to accumulate and incorporate in the brain before the benefits are more noticeable. Since improvement can be more difficult to see because it occurs gradually, this chart helps you document the behavioral changes. We recommend a 90-day trial period.



Inattention/Focus	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 Accentrate 110<sup>®</sup> along with medication may improve the effectiveness of the medication<sup>1</sup> and keep the dosage as low as possible. Please consult with your medical practitioner to see if this is right for you.

<sup>1</sup> Koziellec T & Starobrat-Hermeline B, "Assesment of magnesium levels in children with attention deficit hyperactivity disorder (ADHD)," Magnesium Research. June 1997; 10 (2): 143-48.



<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Very Often	Often	Sometimes	Occasionally	Not Often

Emotional Dysregulation	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):							

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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							