



accentrate®

BRAIN READY™ NUTRITION

Behavior Tracking Chart

Accentrate® 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 your child’s 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 (clothes, homework)							
Easily distracted							
Forgetful							
Fidgets with hands; squirms							
Difficulty playing quietly							
Blurts out when inappropriate							
Interrupting others talking							
Messy room							
Not finishing homework/projects							
Difficulty getting ready to go places							
Chewing fingernails							
Other(s):							

Taking Accentrate® along with medication may improve the effectiveness of the medication¹ and keep the dosage as low as possible. Please consult with your medical practitioner to see if this is right for your child.

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



accentrate®

BRAIN READY™ NUTRITION

1

2

3

4

5

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 parents/teachers							
Actively defying rules, parents, or teachers							
Deliberately annoying others							
Difficulty waiting their turn							
Starting fights or not getting along with others							
Unable to calm down on their own							
Difficulty sleeping							
Feeling fearful, anxious, or worried							
Feeling overly guilty for mistakes							
Other(s):							

1

2

3

4

5

Negative

Struggling

Neutral

Improving

Positive

Relationships/Performance	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Relationship with parents							
Relationship with teachers							
Relationship with siblings							
Relationship with friends							
Overall school performance							
Overall behavior							