

## Achieve & Improve Your Quality of Life by Charting Your Success

The biggest challenge for taking medications is continuity, so we designed this chart to help you succeed.

Regularly taking **RESTORE Anxiety & Depression Relief Formula** is essential to establish correct cell signaling, especially initially.

Periodic use, as needed, could also help avoid recurrent episodes once issues of anxiety or depression have generally gone.

Simply check each time you take **RESTORE Anxiety & Depression Relief Formula**, in the late morning, mid-to-late afternoon, & evening boxes.

If you are current on anti-depressants and/or anti-anxiety drugs, first consult with your licensed wellness practitioner about transitioning. On the back list your challenges & also changes you might see regarding reduced anxiety or stress.

Day	AM	PM	EV	Observations	Day	AM	PM	EV	Observations
1					31				
2					32				
3					33				
4					34				
5					35				
6					36				
7					37				
8					38				
9					39				
10					40				
11					41				
12									
13					<b>Tips to Optimize Your Success</b>				
14					<ul style="list-style-type: none"> <li>• Minimize consumption of sugary, carb-heavy items</li> <li>• Have an exercise program which promotes the release of 'feel good' cell signaling factors, including BDNF.</li> <li>• Review and optimize your sleep patterns.</li> </ul>				
15									
16									
17									
18									
19									
20									
21									
22					<b>Additional Observations</b>				
23									
24									
25									
26									
27									
28									
29									
30									