

The following behavior tracker sheet can be used to keep a record of your ADHD associated behavior during the administration of Vayarin[®] Plus. As you fill this out, think about the times of day when ADHD impacts you the most and use the chart below to record your behavior. Vayarin[®] Plus can take up to 8 weeks to build up to the right levels in the body.



BEHAVIORS	START	WEEK 2	WEEK 4	WEEK 6	WEEK 8	WEEK 10	WEEK 12
Forgetting appointments or obligations							
Getting overwhelmed by large or complex tasks							
Difficulty completing tasks/projects after beginning them							
Making careless mistakes and realizing it later							
Difficulty focusing on what people are saying, even when speaking directly to you							
Losing things at home or at work							
Moving around/fidgeting during meetings, class, meals etc.							
Losing temper easily							
Frequent mood changes							
Talking more than is appropriate in social situations							
Interrupting people while they are busy talking to someone else							

Write below any additional behaviors you would like to track:

USEFUL TIPS

We understand that it can be difficult to stick to a routine, especially when it comes to managing ADHD. However, taking Vayarin[®] Plus consistently for at least 8 weeks is essential. Even if you skip or miss a dose, just take it when you remember and continue with your regular schedule. Here are some tips for helping you remember to take Vayarin[®] Plus every day and stay on track with your management routine.

- ✓ Take Vayarin[®] Plus at the same time every day, such as after breakfast or before bed.
- ✓ If you have trouble swallowing the capsules, you can try one of the following methods:
 - Swallow it quickly and with plenty of water.
 - Open the capsules and mix the contents in foods that you enjoy eating. For the best taste and efficacy, be sure to mix into cold or room-temperature food (such as jelly, hazelnut spread, yogurt) and be sure to eat the entire dish.

Have further questions about Vayarin[®] Plus? Please visit www.vayadirect.com/product/vayarinplus to find out more information. If you have any additional questions, please contact us at contact@vayapharma.com or call us at 844-4-VDIRECT (844) 483-4732.