



Supplement and Brain Exercises At-Home Log

1. Use the **Supplement and Brain Exercises At-Home Log** on the reverse side of this page to track your progress and reward yourself for taking your supplements and adding in your brain exercises at home.
2. Start by discussing with Dr. Puckette your goals for taking your supplements and doing your brain exercises at home. Record that information below.
3. Record the date you begin on the log, as well as the end date.
4. For supplements, **X** off each time of the day that you take your supplements (AM = morning, MD = mid-day, and PM = evening).
5. For brain therapy exercises, add a tick mark through the number for each time you do your brain exercises during the day 1 through 10.
6. If you take all of your supplements for the day and do all of your brain exercises on that same day, make a large **X** over the entire box for that day.
7. Decide on rewards for yourself for these milestones: crossing off 10 boxes on the log; crossing off 20 boxes on the log; and crossing off 30 boxes on the log. Record those below.
8. Please bring in your **Supplement and Brain Exercises At-Home Log** to your appointments to review with Dr. Puckette.

My **goal** for taking my supplements is

_____.

My **goal** for doing my brain exercises is

_____.

My **reward** for crossing off 10 boxes is

_____.

My **reward** for crossing off 20 boxes is

_____.

My **reward** for crossing off 30 boxes is

_____.

