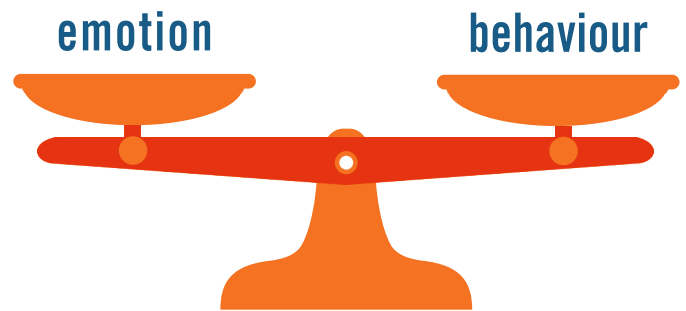




Breakthrough

Mindful Nutrition for Optimal Behaviour

To monitor progress over the next 6 months, record your dog's improvement as you feed Breakthrough StartUp. Use a separate sheet for each month.



Breakthrough can help to balance emotions so that your dog can focus on learning

Score out of 10 Each Week

Month
(e.g. 1 — 6)

	1	2	3	4	5	6	7	8	9	10
Before										
Week 1										
Week 2										
Week 3										
Week 4										

1 = a low frequency of the unwanted behaviour

10 = a high frequency/intensity of the unwanted behaviour