| FORM | 4 |
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UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| (Print or Type Responses) | | | | | | | | | | | |
|---|--|---|--|--------|------------|--|---|--|--|---|--|
| 1. Name and Address of Reporting Person [*] Young Michael | 2. Issuer Name an Better Choice C | | | 0.2 | ol | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner | | | | | |
| (Last) (First) 12400 RACE TRACK ROAD | (Middle) | 3. Date of Earliest 7 05/26/2022 | Fransaction | (Mon | th/Day/Y | ear) | | Officer (give title below) Other (specify below) | | | |
| (Street) TAMPA, FL 33626 | | 4. If Amendment, I | Date Origina | l File | d(Month/Da | y/Year) | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | |
| (City) (State) | (Zip) | | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | |
| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | (Instr. 8) | | (A) or D | (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or (A) or | | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership | |
| Common Stock | 05/26/2022 | | Р | | 1,000 | А | \$ 2.47 | 90,000 | Ι | Shares held by Cottingham Capital Partners, LLC. of which Mr. Young is a manager. | |
| Common Stock | | | | | | | | 720,598 | D | | |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| | (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | | | | | | |
|---|---|------------------|---|------|---|---|--|---------------------|--------------------|-------------------------------------|----------------------------------|-------------------------------------|--------|-------------------------------------|--|-----------------|--|---|------------------|------------|---|--|------------|
| Derivative Security | 2. Conversion or Exercise Price of Derivative Security | (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | Code |) | 5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr 4, and | rative rities ired r osed) . 3, | Expiration Date | | Expiration Date (Month/Day/Year) | | Expiration Date (Month/Day/Year) | | Expiration Date (Month/Day/Year) | | Expiration Date | | 7. Title and Underlying (Instr. 3 and | Securities 4) | Derivative | Derivative Securities Beneficially Owned | Ownership Form of Derivative Security: Direct (D) or Indirect | Beneficial |
| | | | | Code | v | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | | | | | | | | | | | |
| Purchase Warrants - Right to Buy | | | | | | | | 12/19/2019 | 06/30/2030 | Common Stock | 54,167.00 | | 54,167 | D | | | | | | | | | |
| Purchase Warrants - Right to Buy | | | | | | | | 01/22/2021 | 01/22/2027 | Common Stock | 6,667.00 | | 6,667 | D | | | | | | | | | |
| Stock Options - Right to Buy | \$ 3.60 | | | | | | | 12/21/2019 | 12/21/2028 | Common Stock | 3,206.00 | | 3,206 | D | | | | | | | | | |
| Stock Options - Right to Buy | \$ 3.60 | | | | | | | 05/02/2021 | 05/02/2029 | Common Stock | 83,334.00 | | 83,334 | D | | | | | | | | | |

| Stock Options - Right to Buy | \$ 7.74 | | | <u>(1)</u> | 01/08/2031 | Common Stock | 16,667.00 | 16,667 | D | |
|---------------------------------------|---------|--|--|------------|------------|-----------------|-----------|--------|---|--|
| Stock Options - Right to Buy | \$ 5.00 | | | <u>(1)</u> | 07/08/2031 | Common Stock | 30,000.00 | 30,000 | D | |

Reporting Owners

| | Relationships | | | | | | | |
|---|---------------|--------------|---------|-------|--|--|--|--|
| Reporting Owner Name / Address | Director | 10% Owner | Officer | Other | | | | |
| Young Michael 12400 RACE TRACK ROAD TAMPA, FL 33626 | Х | | | | | | | |

Signatures

| Sharla Cook, Attorney-in-Fact for Michael Young | 05/27/2022 |
|---|------------|
| Signature of Reporting Person | Date |

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Options exercisable according to the vesting terms in the related option agreements.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.