

## **EAT WELL, AGE WELL.**

# **Monthly Tracking Calendar- Brain Foods**

### **RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: Record your daily amounts of vegetables 3 times this week**

**WEEK 2: Go on a 10-minute walk at least once this week**

**WEEK 3: Have whole grain bread, crackers or pasta twice this week**

**WEEK 4: Have fish at one meal this week**

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***Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!***