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

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