EAT WELL, AGE WELL.
Monthly Tracking Calendar- Healthful Snacking

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Record your daily snacks.

WEEK 2: Plan snacks ahead of time.

WEEK 3: Swap your usual snacks for fruits and veggies.

WEEK 4: Read the food labels of the snacks you choose.

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