

**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!***