EAT WELL, AGE WELL.
Monthly Tracking Calendar- Brain Boosting Supplements

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Try and reduce intake of processed foods.

WEEK 2: Add citrus fruit to a salad or eat as a snack for some vitamin C.

WEEK 3: Try to eat more “whole” (unprocessed foods) at least twice this week.

WEEK 4: If you take supplements, check https://www.consumerlab.com/ to see how they rank.

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