

**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.**

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