EAT WELL, AGE WELL.
Monthly Tracking Calendar - Arthritis

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Try cherries for a snack this week.

WEEK 2: Try a food log to check your vitamin and mineral intake. [https://www.supertracker.usda.gov/](https://www.supertracker.usda.gov/)

WEEK 3: Swap your regular oils for Extra Virgin Olive Oil.

WEEK 4: Talk to your doctor about checking your vitamin D level and if you need a supplement.

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