

**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/>**

**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!***