

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar-Nuts & Seeds**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: Have at least 3 servings of nuts this week.**

**WEEK 2: Pick out 2 different types of seeds to try.**

**WEEK 3: Add chia seeds to applesauce, yogurt or a smoothie.**

**WEEK 4: Add nuts or seeds to a recipe this week.**

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