

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Oats/Oatmeal

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Eat oats/oatmeal, as a snack or for lunch or dinner.

WEEK 2: Try the overnight oats recipe.

WEEK 3: Add nuts to your oatmeal for additional vitamin E.

WEEK 4: Have some orange or citrus juice with your oatmeal to boost vitamin C.

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