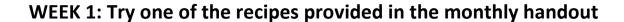
## EAT WELL, AGE WELL. Monthly Tracking Calendar- Anthocyanins

## RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES



WEEK 2: Have 1-2 servings of berries at least twice this week.

WEEK 3: Make a meal with vibrant colors.

WEEK 4: Try a new food that contains a high amount of anthocyanins.

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