

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Heart Healthy Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT TWO SERVINGS OF FATTY FISH THIS WEEK.

WEEK 2: REPLACE HIGH FAT CHEESE WITH A LOW-FAT OPTION.

WEEK 3: GO ON A WALK THREE TIMES THIS WEEK.

WEEK 4: EAT A HANDFUL OF WALNUTS THIS WEEK.

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