EAT WELL, AGE WELL.
Monthly Tracking Calendar-National Nutrition Month 2018

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Visit www.eatright.org to read more about this year’s National Nutrition Month.

WEEK 2: Research and go on a grocery store tour to learn more about label reading. If not available, take time to read labels for at least 3 new products this week.

WEEK 3: Try a new form of exercise like yoga or take a water aerobics class.

WEEK 4: Use MyPlate to create a healthy meal www.choosemyplate.gov

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