

**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](http://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](http://www.choosemyplate.gov)

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