

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Gardening

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: RESEARCH ONE VEGETABLE TO GROW

WEEK 2: ASK FRIENDS FOR TIPS ON HOW TO START A GARDEN

WEEK 3: BE ACTIVE THREE TIMES

WEEK 4: TRY ONE OF OUR RECIPIES

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