

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Healthy Holidays

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Bring a healthy dish to pass to your family or friends gatherings.

WEEK 2: Avoid eating only one large meal per day.

WEEK 3: Monitor liquid calories.

WEEK 4: Watch portion sizes.

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