

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Blueberries

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: HAVE BERRIES AT LEAST TWICE A WEEK

WEEK 2: TRY AT LEAST ONE OF THE RECIPES THIS MONTH

WEEK 3: SEE IF THERE IS A PLACE TO GO PICK YOUR OWN BLUEBERRIES

WEEK 4: REMINISCE ABOUT THE SONG “BLUEBERRY HILL”

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