

EAT WELL, AGE WELL.

Monthly Tracking Calendar-MIND Diet

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: ADD BERRIES AT LEAST 3 TIMES EACH WEEK.

WEEK 2: LOOK UP MIND DIET RECIPES AND TRY AT LEAST TWO.

WEEK 3: ADD LEAFY GREENS TO SMOOTHIES, SALADS, SOUPS, HOT DISH, PIZZA, etc.

WEEK 4: CUT DOWN ON SWEETS & PASTRIES.