

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Chia Seeds

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: BUY A PACKAGE OF CHIA SEEDS.

WEEK 2: STIR CHIA SEEDS INTO YOGURT ONCE THIS WEEK

WEEK 3: MAKE A CHIA SMOOTHIE OR PUDDING

WEEK 4: TRY USING A “CHIA EGG” IN A BAKED GOODS RECIPE