

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Gut Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Eat a fermented food at least once this week.

WEEK 2: Eat a food high in prebiotic fiber at least twice this week.

WEEK 3: Replace at least 1 sugary treat with fruit this week.

WEEK 4: Get good quality sleep at least 4 times this week.