

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Inflammation Reducing Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: FOR EVERY CUP OF COFFEE YOU DRINK THIS WEEK, TRY ELIMINATING OR REDUCING THE AMOUNT OF CREAMER/SWEETENER USED.

WEEK 2: TRY A NEW LEAFY GREEN VEGETABLE THIS WEEK (KALE, SPINACH, ARUGULA, CHARD).

WEEK 3: REPLACE REFINED, WHITE BREAD OR PASTA WITH A WHOLE WHEAT VERSION ONCE THIS WEEK.

WEEK 4: ELIMATE SODA & ALL OTHER SUGAR-SWEETENED BEVERAGES ONE DAY THIS WEEK. INSTEAD TRY A “100% JUICE” OPTION.

Complete these weekly challenges to reduce inflammation and improve your health. You’ve got this!