

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Nutrient Analysis Apps and Websites

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Record one full week of nutrient intake using either MyFitnessPal or Cronometer.

WEEK 2: Identify 3 vitamins, minerals, or nutrients you are not meeting the daily recommended intake for.

WEEK 3: Research foods that have high amounts of the nutrients you are missing in your diet.

WEEK 4: Try out a new recipe that utilizes the foods you have researched and list below!