EAT WELL, AGE WELL.

Monthly Tracking Calendar - Nutrient Analysis Apps and Websites

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<th>Record How You Did With Your Weekly Challenges</th>
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**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!