

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Heart Healthy Eating

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Incorporate 2 serving of omega-3, fatty fish such as salmon, sardines, albacore tuna, or mackerel.

WEEK 2: Use the weekend to prepare lunches for the week. Planning ahead is critical to successfully maintaining a healthy diet.

WEEK 3: Keep your successful planning skills rolling and avoid eating unhealthy prepackaged foods and fast food this week.

WEEK 4: Eat a minimum of a combined 5 servings of fruits and vegetables *every day* this week.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!