

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Gut Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: GO TO BED AT THE SAME TIME EVERY NIGHT

WEEK 2: CONSUME PROBIOTICS SUCH AS CARROTS, APPLES, AND OR ONIONS TO INCREASE DIETARY FIBER

WEEK 3: EXERCISE FOR ABOUT 150 MINUTES FOR THE OVERALL HEALTH OF YOUR GUT

WEEK 4: THIS DINNER RECIPE IS GREAT FOR A FULL SERVING OF PROBIOTICS:

<https://www.foodnetwork.ca/healthy-eating/photos/gut-health-recipes/#!Asparagus-and-Smoked-Salmon-Bundles-Recipe>

Complete the Weekly Challenges for overall better gut health. Take the challenge!