

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Magnesium and Your Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT ONE SERVING OF LEAFY GREEN VEGETABLES, WHOLE GRAINS, BEANS, NUTS AND OR FISH EACH DAY.

WEEK 2: MAKE SURE YOU ARE GETTING AT LEAST 420 MG OF MAGNESIUM PER DAY.

WEEK 3: INCORPORATE ONE MAGNESIUM RICH FOOD INTO YOUR DINNER SOMETIME THIS WEEEK.

WEEK 4: TRY MAKING YOUR OWN TRAIL MIX BY MIXING TOGETHER SOME OF YOUR FAVORITE NUTS AND SEEDS.

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