

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Current Fad Diets

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: LEARN ABOUT THE VOLUMETRICS DIET. GO TO THIS WEBSITE FOR MORE INFORMATION:

<https://health.usnews.com/best-diet/volumetrics-diet>

WEEK 2: TRY LEARNING ABOUT THE KETOGENIC DIET. GO TO THIS WEBSITE FOR MORE INFORMATION:

<https://www.eatright.org/health/weight-loss/fad-diets/what-is-the-ketogenic-diet>

WEEK 3: TRY THE VEGAN DIET, ELIMINATE ALL ANIMAL PRODUCTS SUCH AS MEAT, FISH, DAIRY, EGGS, AND SOMETIMES HONEY. GO TO THIS WEBSITE FOR MORE INFORMATION:

<https://veganoutreach.org/plant-based-nutrition/>

WEEK 4: LEARN ABOUT THE WHOLE 30 DIET. GO TO THIS WEBSITE FOR MORE INFORMATION:

<https://whole30.com/do-the-whole30/>

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