

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Healthy Slow Cooker Meals

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: LOOK AT A MINIMUM OF 5 HEALTHY SLOW COOKER RECIPES THAT YOU WOULD BE WILLING TO TRY.

WEEK 2: PICK OUT ONE RECIPE THAT SOUNDS TASTY AND MAKE IT TO TRY.

WEEK 3: GO OUT OF YOUR COMFORT ZONE AND HAVE SOMEONE ELSE PICK OUT A SLOW COOKER RECIPE FOR YOU TO MAKE.

WEEK 4: MAKE YOUR OWN HEALTHY SLOW COOKER RECIPE WITH ONLY ITEMS THAT YOU HAVE AROUND THE HOUSE.

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