

## **EAT WELL, AGE WELL.**

# **Monthly Tracking Calendar- Cholesterol Education**

### **RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1:** Add in a 10-minute daily activity such as walking or gardening. This promotes heart health and raises HDL to clear cholesterol from the bloodstream.

**WEEK 2:** Set a night-time schedule to go to bed early and get 8-10 hours of sleep.

**WEEK 3:** Schedule an activity you enjoy with a friend as a social outing.

**WEEK 4:** Plan to consume either a nut or a berry once throughout the day.

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***Complete the Weekly Challenges & know you're reducing stress and preventing cholesterol-related issues such as heart disease!***

