

## EAT WELL, AGE WELL.

# Monthly Tracking Calendar– Eat Better, Eat Together

### RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

**Week 1:** Make a “Pot of Love”. Invite someone over and make a meal or part of the meal together.

**Week 2:** Get in touch with another person to plan a meal together or activity this week.

**Week 3:** Call someone and reminisce about family meals as a child.

**Week 4:** Plan to create one new dish that you can share with others this week.

***Complete these challenges over the month of October and know by eating together you and your company will be eating better as well!***