

Weekly Tracker

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Dark Leafy Green Vegetable</i>							
<i>Serving of Berries</i>							
<i>Serving of Fatty Fish</i>							
<i>Serving of Cruciferous Vegetable</i>							
<i>Limit Red Meat</i>							
<i>500-2000mg Turmeric Extract</i>							
<i>Drink Water</i>							
<i>Sleep 7-8 Hours</i>							
<i>30-60 minutes of Exercise</i>							

Goals

- Eat leafy greens at one or more meals daily*
- Add berries to your plate 2 or more times per week*
- Eat fatty fish twice per week*
- Incorporate 5 or more servings of cruciferous vegetables per week*
- Limit red meat to once per week*
- Exercise daily!*

DATE: _____