



Track Your Progress

Getting red hot from all that exercise you've been doing? Don't forget to track your progress!

- See more red for heart health, memory and urinary tract health.

Don't let the challenge stop now!

- Record all the healthy things you do by writing it down in a notebook or **food diary** to track your progress. Reflection can be a great way to reference how you feel.

- Check out kp.org/nutrition for more details on taking your goals one step at a time.

Still wondering what else you can do for your heart?

- A healthy diet is the most powerful medicine you have to keep you well!

- Eat to **prevent disease** and increase your energy and mood along the way.

- If you're still thinking of ways to "go red", try our **Red Lentil Soup with Spinach** from our healthy recipe blog. Nourish your body and keep thriving!