

# APRIL

This month you will focus on getting regular exercise, an adequate amount of sleep, and staying hydrated.

**POINTS** (The *maximum* number of points that can be earned for each category is listed below.)



**CARDIOVASCULAR EXERCISE** (Walking, Biking, Swimming, Running, etc.)

- 30 minutes = 1 point
- 60 minutes = 2 points



**SLEEP**

- At least 7 hours = 1 point



























































**WATER**

- 32 oz of water = 1 point

YOU MUST GET A TOTAL OF **20** POINTS TO REMAIN ELIGIBLE FOR YOUR MIP POINTS.

YOU MUST GET A TOTAL OF **75** POINTS TO BE ELIGIBLE FOR THE MONTHLY DRAWING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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