

# APRIL

In addition to engaging in daily cardiovascular exercise, you will also work on managing your stress levels and concentrate on consuming an adequate amount of calcium.

## 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



### STRESS MANAGEMENT







































































- 15 minutes = 1 point
  - o *See list of optional stress management techniques.*

### **Ca** CALCIUM

- 1000 mg = 1 point

YOU MUST GET A TOTAL OF **25** 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
 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =	 = NO STRESS  = <b>Ca</b> =
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