

APRIL

During the month of April, you will continue to focus on maintaining a regular cardiovascular routine, while incorporating a flexibility program. You will also try and achieve at least 7 hours of sleep each night.

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












































































































FLEXIBILITY EXERCISES (stretching)

- 15 minutes = 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
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
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