

DECEMBER

This month's focus is on staying healthy over the holidays by engaging in cardiovascular exercise, eating fruits/vegetables and maintaining a healthy weight.

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



WEIGHT MAINTENANCE

- 1% weight loss = 10 points
 - o *At the beginning of the month, weigh yourself to get a baseline. For each 1% weight loss, you will earn 10 points.*







































FRUITS and VEGETABLES

- 3 servings = 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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 =  =	 =  =	 =  =	 =  =	 =  =	 =  =	 =  =  =

