

DECEMBER

This month you will be focusing on staying healthy over the holidays. Regular exercise, sleep, and proper hydration are all important to remember during the busy holiday season.

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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