

# JANUARY

This month you will be focusing on starting New Year off right. Cardiovascular exercise, eating fruits and vegetables, and flexibility exercises will all be part of this month's activity log.

**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



**FRUITS and VEGETABLES**

- 3 servings of fruits/vegetables = 1 point












































































































**FLEXIBILITY EXERCISE** (Stretching)

- 15 minutes = 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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