

JANUARY

This month's focus is on staying healthy in the New Year by engaging in cardiovascular exercise, consuming fruits/veggies, and limiting your sodium intake.

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/VEGGIES

- 3 servings = 1 point







































































































SODIUM INTAKE

- 1,500 mg or less = 1 point (*if you have high blood pressure*)
- 2,300 mg or less = 1 point (*if you DO NOT have high blood pressure*)

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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