

MARCH

During the month of March, you will focus on engaging in cardiovascular and flexibility exercises, as well as limiting your intake of caffeine.

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



CAFFEINE

- 300 mg or less = 1 point
 - o *Please see link for content of caffeine in certain beverage/foods.*












































































































FLEXIBILITY

- 15 minutes = 1 point
 - o *Please see link for flexibility exercises.*

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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