

NOVEMBER

This month you will focus on engaging in cardiovascular exercise, consuming foods high in fiber, and drinking water.

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



FIBER

- 25 grams = 1 point






















































WATER

- 32 ounces = 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
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =
 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =	 =  =  =

