

NOVEMBER

This month's focus is on general wellness and will include cardiovascular exercise, nutrition, and proper hydration.

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/veggies = 1 point



WATER

- 32 oz. 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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