



# MAINTAIN DON'T GAIN

**NOVEMBER 24**  
THROUGH  
**JANUARY 1**

RECEIVE 1 POINT A DAY FOR EACH HEALTHY HABIT YOU COMPLETE:



EAT A HEALTHY  
BREAKFAST



ENGAGE IN AN ACTIVITY  
THAT GETS YOUR HEART  
RATE UP FOR 30 MINUTES



GET AT LEAST 7  
HOURS OF SLEEP



WATCH LESS  
THAN 1 HOUR OF  
TELEVISION



WEIGH  
YOURSELF



PARTICIPATE IN A  
STRESS-REDUCING  
ACTIVITY

ACHIEVE 60 POINTS BY THE END OF THE CHALLENGE AND RECEIVE A PRIZE.

COOPER  
**QUEST**<sup>®</sup>  
STEPS FOR A COOPERIZED LIFE



**MAINTAIN  
DON'T GAIN**

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SHIRT SIZE: \_\_\_\_\_

*Turn in your tracking log to the fitness office by Jan. 6, 2026*



DATE							POINTS TODAY   TOTAL	
11/24								
25								
26								
27								
28								
29								
30								
12/1								
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28								
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30								
31								
1/1								
							<b>TOTAL</b>	