



# MAINTAIN DON'T GAIN

## NOVEMBER 23 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.



**MAINTAIN  
DON'T GAIN**

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

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

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

Turn in your tracking log to Fran Mills by January 10, 2024



DATE							POINTS TODAY   TOTAL		
11/23									
24									
25									
26									
27									
28									
29									
30									
12/1									
2									
3									
4									
5									
6									
7									
8									
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22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
1/1									
							<b>TOTAL</b>		