



MAINTAIN DON'T GAIN

NOVEMBER 25 THROUGH JANUARY 2

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
STEPS FOR A COOPERIZED LIFE



**MAINTAIN
DON'T GAIN**

NAME: _____

EMAIL: _____

SHIRT SIZE: _____

Turn in your tracking log to Fran Mills by January 13, 2025.



DATE							POINTS TODAY TOTAL	
11/24								
11/25								
11/26								
11/27								
11/28								
11/29								
11/30								
12/1								
12/2								
12/3								
12/4								
12/5								
12/6								
12/7								
12/8								
12/9								
12/10								
12/11								
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12/24								
12/25								
12/26								
12/27								
12/28								
12/29								
12/30								
12/31								
1/1								
1/2								
							TOTAL	