



MAINTAIN DON'T GAIN

NOVEMBER 22 THROUGH DECEMBER 31

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

