



# 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.

COOPER  
**QUEST**  
STEPS FOR A COOPERIZED LIFE

