



Activities	Mon 12/9	Tues 12/10	Wed 12/11	Thur 12/12	Fri 12/13	Sat 12/14	Sun 12/15	Weekly Total
Weigh Yourself								
Eat a healthy breakfast								
Eat a healthy lunch								
Exercise 30 minutes or more								
Limit sweets to 1 serving/less								
Limit alcoholic/sugary beverages to 1 or less								
<b>Total Points</b>								

Activities	Mon 12/16
Weigh Yourself	
Eat a healthy breakfast	
Eat a healthy lunch	
Exercise 30 minutes or more	
Limit sweets to 1 serving/less	
Limit alcoholic/sugary beverages to 1 or less	
<b>Total Points</b>	

**Total Points Earned:**

**Last day to earn activity points is December 16**

**Last day to enter your points on the portal is December 23**

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