

Maintain Don't Gain Challenge, Nov. 14 – Dec. 12, 2011

Goal = 30 points

Enter one point per day per activity completed.

Earn daily points for:

Record your points on the wellness portal at www.KansasHealthQuest.com by Dec. 19, 2011

- Eating a healthy breakfast
- Completing 20 minutes or more of physical activity
- Limiting alcohol to 1 serving or less
- Limiting sweets to 1 serving or less

Complete the challenge to earn 5 credits for the HealthQuest Rewards Program.

Activity		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
		14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	
Healthy Breakfast								
Physical Activity								
Limit Alcohol								
Limit Sweets								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	
Healthy Breakfast								
Physical Activity								
Limit Alcohol								
Limit Sweets								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	
Healthy Breakfast								
Physical Activity								
Limit Alcohol								
Limit Sweets								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	
Healthy Breakfast								
Physical Activity								
Limit Alcohol								
Limit Sweets								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	11-Dec	12-Dec						
Healthy Breakfast								
Physical Activity								
Limit Alcohol								
Limit Sweets								
Total Points								
							Total Points	