

## May Exercise is Medicine May Total Transformation Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____	2 _____	3 _____	4 _____	5 _____
6 _____	7 _____	8 _____	9 _____	10 _____	11 _____	12 _____
13 _____	14 _____	15 _____	16 _____	17 _____	18 _____	19 _____
20 _____	21 _____	22 _____	23 _____	24 _____	25 _____	26 _____
27 _____	28 _____	29 _____	30 _____	31 _____	<p><b>Total up your points each day and write on the line! You can earn up to 5 points daily! You can win prizes for the most points!</b></p> <ul style="list-style-type: none"> <li>• 1 point for 80 ounces of water</li> <li>• 1 point for 3 servings of veggies</li> <li>• 1 point for 2 servings of fruit</li> <li>• 1 point for 30 minutes of exercise</li> <li>• 1 point for reflection time</li> </ul>	