▪ RESOLUTION REVOLUTION ▪

It's time to take your health to a whole new level.

Goal: 100 points through a whole-health approach to living

The Resolution Revolution encourages you to take care of your whole self, body and mind. Exercising regularly and eating more fruits and vegetables rejuvenates your body, while getting enough sleep and taking time to relax refreshes your mind. When you resolve to do all four, the results aren't just big, they're revolutionary.

The goal of this challenge is to help you make healthier lifestyle choices each and every day, and to accumulate 100 points during the month.

Earn up to four points each day. One point for each:

- ✔ Eating at least five servings of fruits and vegetables
- ✔ Exercising at least 15 minutes
- ✔ Getting at least seven hours of sleep
- ✔ Taking at least 10 minutes for relaxation

What's a serving of fruit and vegetables?

- 1 cup of leafy green vegetables
- ½ cup of chopped fruit or vegetables
- ¼ cup or 2 tablespoons of dried fruit
- ¾ cup or 6 oz. of 100% fruit or vegetable juice
- 1 medium-sized piece of fruit

What counts as relaxation?

- Meditation
- Painting
- Playing or listening to music
- Reading
- Yoga
- Any other calming activities

What's considered exercise?

- Walking
- Biking
- Jogging
- Tennis
- Gardening
- Dancing
- Swimming
- Housework

Use your tracking sheet to record your points daily. Earn a total of 100 points and congratulate yourself on making healthy lifestyle changes that'll last a lifetime.

GO YOU℠

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