





































































































































































































































































































































































































	SUN	MON	TUE	WED	THU	FRI	SAT	
WEEK 1	   	   	   	   	   	   	   	   
WEEK 2	   	   	   	   	   	   	   	   
WEEK 3	   	   	   	   	   	   	   	   
WEEK 4	   	   	   	   	   	   	   	   
WEEK 5	   	   	   	   	   	   	   	   
WEEK 6	   	   	   	   	   	   	   	   
WEEK 7	   	   	   	   	   	   	   	   
WEEK 8	   	   	   	   	   	   	   	   
WEEK 9	   	   	   	   	   	   	   	   
WEEK 10	   	   	   	   	   	   	   	   
WEEK 11	   	   	   	   	   	   	   	   
WEEK 12	   	   	   	   	   	   	   	   

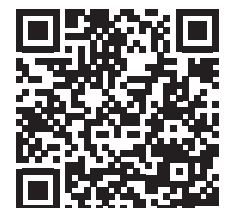


Adopting simple habits can significantly improve your overall health.

Earn 1 point per day for every healthy choice you make:

-  Drink **32 oz of water** daily
-  Eat at least **5 servings of fruits/vegetables** each day
-  Do **30 minutes of cardio** every day
-  Complete **15 minutes of strength training** at least 3 times a week

Track your healthy choices each day by marking the icons, then record your weekly totals with the Wellness Points Tracker to earn Get Fit points. Visit fhn.org/getfitters or scan this QR code.



By incorporating these habits into your routine, you're taking steps toward a stronger, healthier, more energized version of YOU!