



TAKE HEART

February 9 - 12

February is National Heart Month

Let's take special care of ours this weekend!



H-Hydrate! Your heart needs to stay hydrated to work properly!
Drink at least 64 oz water per day. **(10 pts per day)**



E-Eat healthier! Get at least 5 servings of Freggies in per day.
(10 points per day)



A-Aerobic Activity! Show your heart muscle some LOVE.
Make it beat a little faster so it'll become stronger with Intentional
Fitness Minutes. **(10 pts per 20 minutes of IFM - no limit)**



R-READ an article about heart health. Post in your chat thread
something new you discovered or something that reminded you of
WHY you signed up for Sparkpeople and BLC36. **(10 pts per
day)** (Some examples of Heart healthy websites)

<https://www.goredforwomen.org> <http://www.heart.org/HEARTORG/>



T-TRACK your food. Your heart health depends on what
you put in your body. Track your food and see if you need to make
any changes to make your heart healthier. **(10 pts per day)**
(Bonus: 10 pts per day for staying in your calorie range)

POINTS



Friday - H-____ E-____ A-____ R-____ T-____ Total - ____



Saturday - H-____ E-____ A-____ R-____ T-____ Total - ____



Sunday - H-____ E-____ A-____ R-____ T-____ Total - ____



Monday - H-____ E-____ A-____ R-____ T-____ Total - ____

Weekend Challenge Total - ____

