



FEBRUARY HEART AWARENESS MONTH



WEEK 1

WEEK 2


WEEK 3

WEEK 4

Four large, empty rectangular boxes with a decorative, wavy pink border, intended for recording weekly activities or progress.

Name _____
 Contest runs from February 1 to March 1
 If you wish to play put a dollar into a pot.
 The winner will be selected by the total
 number of acquired hearts.



- | | | |
|--|---|-------------------|
| Have a loss |  | 2 hearts |
| Have a turtle | | 1 heart |
| KOPS at or below goal | | 2 hearts |
| KOPS above goal in leeway | | 1 heart |
| Aerobic exercise minimum of 20 minutes 5 days per week | | 2 hearts |
| Aerobic exercise minimum of 20 minutes 3 days per week | | 1 heart |
| Had cholesterol checked within past year | | 1 heart each week |
| Had blood sugar checked within past year | | 1 heart each week |
| Had blood pressure checked within past year | | 1 heart each week |