



December 2019



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Complete this challenge and earn a point on your 2020 Ticket to Fitness. **Brush at least twice a day, and floss at least 4 times a week.** Send completed calendar to Marie at mstamand@calhouncountymi.gov no later than January 10th to be eligible for the drawing of an electric toothbrush.

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 				