



December 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Complete this challenge and earn a point on your 2022 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.

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19 	20 	21 	22 	23 	24 	25
26 	27 	28 	29 	30 	31 	