

VALENTINES DAY CONTEST – “FIX YOUR HEART”

As with all contests – your chapter vote on rules and prizes.

Contest lasts 6 weeks.

Rules: Each section of your heart represents 1 week. Write the points you have earned each week into the corresponding weekly heart section. If you complete all the weekly rules in one week, give yourself 5 bonus points. Possible points earned each week is – 24

- 1 POINT – lose/at under goal KOPS or lose if over goal
- 1 POINT – keep an accurate calorie sheet/food diary
- 1 POINT – sit in a different chair, or area or place at the table
- 1 POINT per day (possible total 7 points)
 - call or e-mail a different chapter member daily
- 1 POINT per day (possible total 7 points)
 - some type of exercise 4-5 days, 20 minutes minimum
- 2 POINTS – stay for the entire meeting

