

St. Patrick's Day Contest

Contest lasts 4 weeks. Make as many copies of the page with the OOPS!/Yippee! shamrocks that you need for your chapter. If you are a larger chapter, feel free to have teams. As always rules & prize/s are up to the members of your chapter to vote on, these rules are suggestions.

EVERY WEEK THE RULES ARE:

1. Keep a complete calorie sheet
 2. Call (not e-mail) a TOPS/KOPS pal
 3. Exercise 4-5 times weekly
 4. Lose – KOPS at/under goal
- Each member gets a copy of the Master shamrock page with their name, chapter and ending results on it.
 - Each section of the shamrock represents one week of the contest.
 - 4 Yippee shamrocks a week can be earned.
 - For every rule you do weekly, cut out that shamrock and place it on your master shamrock.
 - If you have a gain, but completed the other 3 rules, you may still place them on your master shamrock.

HOWEVER – YOU MUST ALSO PLACE AN “OOPS” SHAMROCK ON YOUR MASTER SHAMROCK.

At the end of the 4 weeks, add up your Yippee shamrocks and subtract the number of “OOPS” shamrocks you may have to determine your net number of earned shamrocks. Winner is the member/s who has the most remaining shamrocks on their shamrock. In case of a tie, best weight loss will be the winner, or if you choose, you may have more than one winner.

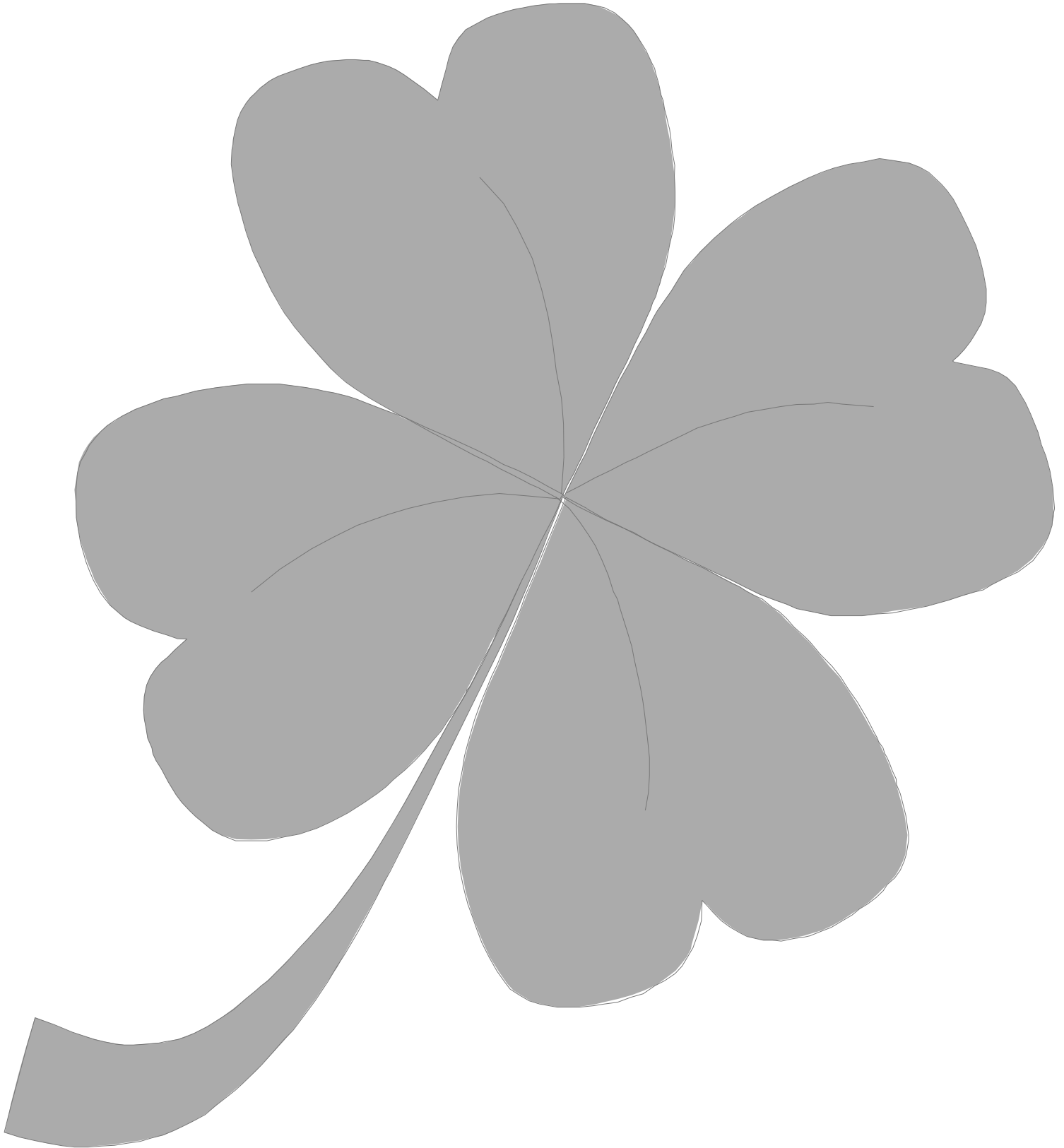
KOPS place an “OOPS” shamrock on their master shamrock page **if** they weigh in **over goal** or under their allowed **7 pounds limit**.

When your chapter is finished with the contest, mail the winners finished shamrock page to me and I'll add their name/s to the GOOD NEWS Newsletter. Remember to put your chapter number and weight loss on the master shamrock page.

Name _____

Chapter _____

Total shamrocks _____ Pounds lost or KOPS in good standing _____





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Yippee!



Yippee!



Yippee!



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Yippee!



Yippee!



Yippee!



Yippee!



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