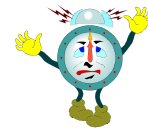




# "IT'S MY TIME!!" CONTEST



This contest is for designed for newly elected or re- elected chapter leaders. TOPS members look to the Leader as a guide, an example as well as to lead the chapter meeting every week. It's important that our Leaders know the members support them in their endeavor to Take Off Pounds Sensibly & to Keep Off Pounds Sensibly. That's the focus of this contest. If you wish, you may make this a chapter contest. (Rules may not be altered or changed for this contest). However; only mail your chapter Leader "It's My Time" Contest Clock to me ~ TOPS Area Captain, Ronette "Ron" Wenberg, 4562 Scenic Dr., Rockford, Ill., 61109. If you have any questions, please contact me at 815-874-2551 or at [ronettewenberg@yahoo.com](mailto:ronettewenberg@yahoo.com).



## OBJECTIVE ~ TOPS LEADERS:

To lose 12 pounds or more by Fall Rally. Contest starts with your gain/loss the week of Monday, March 30th, to your gain/loss the week of Friday, September 11th. Mail your "It's My Time" Contest Clock with your weight loss recorded on it. Contest MUST be received by me by the deadline of Saturday, September 19th. ALL chapter Leaders will be presented on stage & ALL leaders with a loss will be presented an award!

Lets plan on having all 22 of our Leaders on stage.



## TOPS LEADER RULES:

Both hands of your clock start at the 12.

When you lose 1/4 of a pound, move the minute hand 1 second/dot.

For every 1/4 of a pound gained, move your second hand back one second/dot ~

But we aren't planning on doing that!



## KOPS LEADERS ~ RULES & OBJECTIVE:

You have your 10 pounds limit in order to maintain your status.

Start with both hands on the 6. This will represent your goal.

If you are in your 3 pound leeway, move the second hand accordingly to the number of pounds over goal. If you are under goal, move the hour hand accordingly to the number of pounds over goal. Each week you will know exactly where you are within that 10 pounds. See Objective - TOPS Leaders for dates and mailing instructions.

