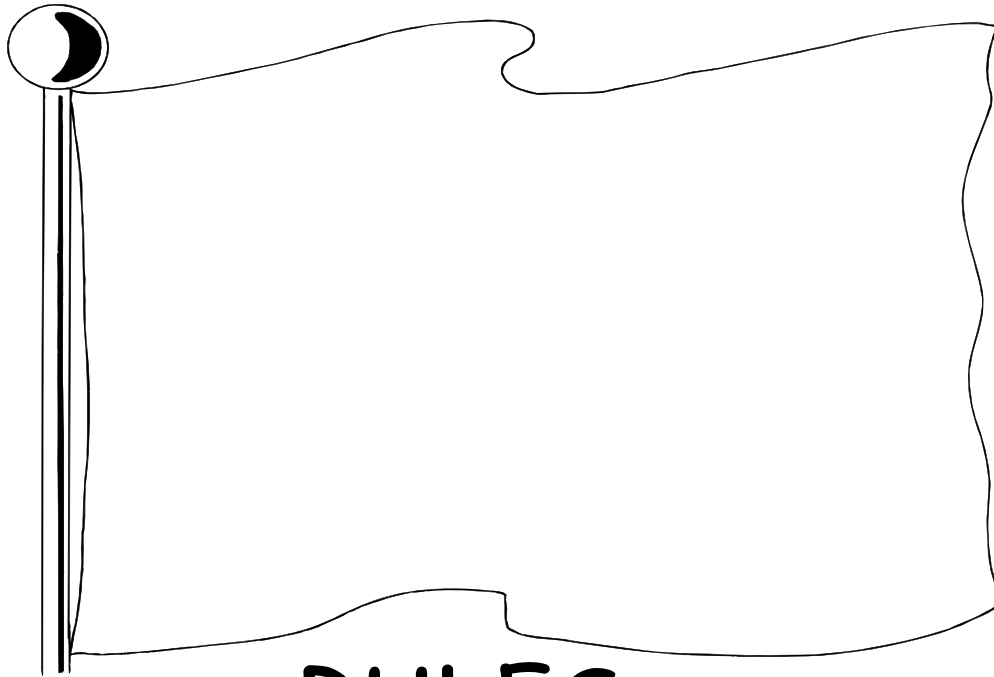


June - July Flag Contest

Begins with your weight June 1st to your weight July 31st. 2 months



RULES:

Purchase star stickers for members to place on their flags.

Members then earn the stars by doing the rules listed below.

Member with the most stars at end of contest is winner/winners.

Have each member bring in 1 item that is red, white & blue to start.

They will be used as the prize/prizes. Then if members gain or misses a meeting, they must bring in another red, white or blue item.

As always, feel free to adjust the rules to fit the needs of your members.

1. Call a TOPS/KOPS pal - 1 star per phone call
2. Lose - KOPS at/under goal - 1 star
3. Drink your water - 1 star per day
4. Eat something red and blue - 1 star per day.
5. Exercise 20 min. daily - 1 star per day.

Exercise time may be done in 5 or 10 minute increments.