

May Flower Contest

Rules: Contest lasts 4 weeks. There are 12 petals on the flower.

3 petals each week can be colored in by completing the following 3 rules each week.

1. Lose or KOPS at/under goal
2. Exercise 15-20 min. 5-7 days
3. Turn in a complete calorie sheet

If you gain or are a KOPS over goal, color in a rain drop, but still color in 2 petals if did rule 2 & 3.

At the end of contest, count the number of filled petals, and the number of filled rain drops.

Subtract the 2 numbers and that's your final count. Winner is the person with the highest number.

In case of a tie, go by weight loss, or have more than 1 winner.

Prize could be a planter or flowers to plant in your garden.

