

*Note from Pam: We get the gallon size plastic bags and then I go to the store called **School Daze on 38th St. in Tacoma** and buy a package of the notepads that are shaped liked turkeys and have a picture of a turkey on them. Package of 50 are \$3.49. Staple one of those on the bag and write their name on the turkey and you're done. Except buying cotton balls. Pack of 200 is \$1.90 at WalMart. Stuff Your Turkey Contest*

STUFF YOUR TURKEY CONTEST

Contest runs from October 26th through November 30th (total of six weeks).

Contest cost a \$1.00 to join and must be paid no later than November the 2nd.

Each person that joins will be given a zip lock baggy with a picture of a turkey on it.

The idea of this contest is to stuff your turkey full of good habits you need to lose weight.

- For each accurate food diary you keep and bring into the meeting you get two cotton balls (Give it the weight recorder)
- For each day you drink eight cups of water (may be flavored water) your get one cotton ball
- For each loss (KOPS at or below goal) you get two cotton balls
- For each turtle (KOPS in leeway-above goal) you get one cotton ball
- One hour of exercise during the week you get one cotton ball (max one per week)
- For each different chapter member you contact (send a note, e-mail or call) one cotton ball
- Note: mass e-mails and/or personal contact do not count. You may only get one cotton ball per person contacted. For example if you call or send a note to the same person five times during the week-you only get to count it once. You are only able to get additional cotton balls by contacting more members.
- If you do any of the following actions it is requested (optional) that you place 50 cents (for each action that applies) in the container located next to the turkeys. All the money will be used to purchase non-perishable items to donate to the church in which we meet at.

You do not bring in a food diary (if you forget it-you have one week to bring it in)

You do not drink eight cups of water at least one day during the week

You gain or are out of leeway

You have an unexcused absence (you also may not count any cotton balls you have earned)

If you have an excused absence you forfeit the cotton balls that relate to weight. You have one week to count the other cotton balls you may have earned. If you are absent the following week (regardless of excused or not) you forfeit all the cotton balls from the 1st week you missed. However, if it's an excused absence you still have one more week to count the 2nd week you missed.

At the end of the contest the person with the most cotton balls will get \$20.00. Should there be a tie then the money will be divided evenly between the winners.

note from Deb Kuney: A leader of mine used to say this at Thanksgiving: "Be thankful, not a tankful."