



IT'S TIME TO EARN YOUR TICKETS

You receive one ticket for each of the following:

TOPS-a loss

KOPS-At or below goal

Keep food diary for at least 5 days

Exercise 30 minutes a day for at least 5 days

6 glasses of water daily for at least 5 days

Contact a gainer. If that person has a loss the following week, you get another ticket

Do a program

Try a new "healthy" recipe

Eat 3 veggies and 2 fruits a day for at least 5 days

Stay for the meeting.

Write your name on each ticket and deposit in box.

At end of contest (date to be decided on) a name(s) will be drawn and prize(s) awarded. (Prizes to be determined)

(one source of ticket roll is Oriental Trading and inexpensive)

TOPS #WA1179, REARDAN