

# Beat The Spook



**The rules are:**

**\$1.50 to join contest**

**Points:**

- a) stayed for meeting = 1**
  - b) exercised 3 x during week = 1**
  - c) handed in a completed food sheet = 2**
  - d) TOPS weight loss or Kops at or below goal = 2**
  - e) TOPS turtled or Kops above goal but in leeway = 1**
  - f) accomplished surprise food exchange on Wed or Thurs.**
- \*\* see below**

**Possible points for a week are 10**

**Okay to do f) you will need to follow all the exchanges on Wed or Thurs of that week for a minimum of a 1200 calorie diet as in the monograph. When you come to the meeting that week, Weight Recorder will draw two exchange cards at random and you must have eaten the total exchange for the day of that exchange to earn the 3 points for that one. This means if she picked milk exchange and fruit exchange, you would had to have eaten a minimum of 3 fruits or 2 milks for that day. You can do both as it is to your benefit but points are awarded for one or the other.**

**The total exchanges needed for any one day would be at least 4 starch, 5 meat, 2 vegetable, 3 fruits, 2 milks and 3 fats as on the 1200 calorie diet. If you eat more than 1200 you need to just make sure you have this minimum of any of the exchanges to qualify for the points.**

**Okay now on to bonus bonus points!!!! If you come in with a total of say 5 points for that week, Weight Recorder has a spinner that is the ghosts points. She will spin it and say it comes up 3 - that means you get extra points for "Beating the Spook" So you never know from week to week what exchanges you will have to eat to get points or if you will beat the spook that way. You put your name on a ghost on the board, and move it up the board in increments based on your points! We want you to be lighter and float in the air and the spook can gain all the weight!!**

**I am making a fall centerpiece as the prize for the top winner and am going to either do fall related charms or pins for the others in the contest. You will notice that this contest does not take points away for gains or not doing parts of the contest. We don't want to make our members feel worse by doing that so we left all that stuff out. Our weight recorder Linda Custer made a great board where the ghost with the persons name on it rises up as you gain points and lose weight. This should be fun and a good boost for all of us!**