

'Buddy-Up & Slim-Down'

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This contest will last 6 weeks

**Once you are paired with your buddy – you both begin your 6 week challenge!
The rules are as follows:**

You and your buddy will earn points each week for:

Keeping a food journal – 1 point each (max 2 points)

Exercising (at least 20 mins) – 1 point ea. Per day of exercise (minimum 6 points/maximum 14 points)

Contact (phone/email)– 1 point each day you contact your buddy (max 7 points)

Lose/Turtle – 1 point each (max. 2 points)

(Note: if you both lose you each get an extra ticket in the drawing)

Gains - lose 1 point each

If you both stay for the meeting – 1 point (max 2)

Each team earning 19 points or more each week will receive 5 bonus points!!

**The team with the most points at the end of the contest wins! The prize: You and your buddy will each receive a very special prize for all your hard work!!
*(purchase something that they can use to pamper themselves, such as a bath kit, or make up 2 bath & beauty baskets using items you can purchase from the dollar store, or you can purchase gift certificates for a massage, cut & style, manicure, etc - it's always nice to be able to reward yourself after working so hard)***

Team

Names:

Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
1 point each	1 point each per day	1 point each day	1 point each	1 point each	5 bonus for 19 points or more	
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Food Journal	Exercise	Contact	Lose/Turtle/Gain	Staying for Mtg	Bonus Points	Total
Column Total	Column Total	Column Total	Column Total	Column Total	Column Total	Final Points