

# **Christmas Box Contest**

**Here is a nice, simple weight loss incentive contest.**

**Start September 1 and run until the 3rd week in December.**

**Wrapped a box with Christmas paper and leave it open on the top.**

**If you have a gain, you must bring in something pertaining to Christmas the following week (i.e.: Christmas ornament, stocking, angels, etc)**

**The member who loses the most wins the box and all its contents.**