

Flower Power

You take a coloring picture of five flowers with petals.

Each time you lose weight (You color a petal for each pound lost. For 1/4, 1/2, or 3/4 lbs lost, you color 1/4 of the petal and so on.)

If you turtle color a petal

Send a note of encouragement color a petal

The first person to color all the flower petals is the winner.