

# Give me 5 Contest

TOPS#VA606, Centreville

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There are two spreadsheets along with this contest. One is to help you daily stay on track for the new contest.

The other is a week-by-week view of how you are doing.

You can download and print these if you like. If you are familiar with excel you can fill in the chart and it should calculate for you, otherwise, print them out and manually fill in the blanks.

Members earn points for drinking water, exercise, contacting other members, keeping a food diary and losing weight. Members can LOSE points for gaining.

Our entry fee is \$3.00 per person if you wanted to participate in the contest.

Prize money will be distributed as follows:

1st place (calculated by total points) = 50% of pot

2nd place (calculated by total points) = 25% of pot

3rd place (calculated by total points) = 15% of pot

10% of pot goes to person having lost the most net weight during the 5 week contest, regardless of whether they are a 1st, 2nd or 3rd place winner also.