

## HOLIDAY OFF POUNDS EVENT INFORMATION

1. Need to notify me by Oct 14, that you want to participate as a chapter
2. First weigh in on the week of Oct 15<sup>th</sup> – 19<sup>th</sup>
3. Last weigh in will be the last one for the year
4. The form sheet on excel has the formulas already built in.
5. The form sheet in a PDF does not have formulas; you will need to do those manually.
6. Each KOP in your chapter will receive a 2lbs loss as long as they are in leeway on the last weigh in of the year.
7. See below example of scoring.
8. I will need at the end of the year a copy of the form, scan or email to me

Name:	Weigh in	Weigh out	Loss	KOPS	Gains
Minnie Mouse	160	152	8		
Mickey Mouse	220	225			5
Donald Duck	KOPS	Leeway		2	
Daisy Duck	190	178	12		
Popeye	170	180			10
Buster	275	258	17		
Betty Boop	KOPS	Leeway		2	
TOTALS			37	4	15

NET LOSS/GAIN = Loss +KOPS - Gains = NET LOSS

So 37+4 = 41. 41-15 = 26 SO THE NET LOSS FOR THE CHAPTER IS 26LBS

If you have any questions email me at [doffy1954@gmail.com](mailto:doffy1954@gmail.com) or call

Doff at 423-856-0115

Thanks

Doff Garden

Area Captain – South East TN

WINNER WILL BE ANNOUNCED IN MID JANUARY