

Little Changes

"Little changes" that we make add up to good weight losses. We don't have to make a major change all at once, just make little changes on a consistent basis.

Contest moderator tells each person to select 2 "little changes" they would make in this month.

Make the changes specific. (So don't just say, "I'll try to drink more water", instead say "I'll drink 4 glasses of water every day")

She hands out blank calendars. Each person writes his/her OWN 2 things at the top of the calendar.

Each day that one thing gets done counts as 1 point.

Each day that two things get done counts as 3 points.

At the end of the month the people with the most point will get a prize.

If you do this contest for consecutive months, if for example, a person's "little change" this month is to drink 4 glasses of water a day, then next month maybe her "little change" will be to drink 5 glasses of water a day.