

# Move It Contest

Contest should last 6 weeks

Scale: TOPS & KOPS: 2 points for a loss; 1 point for a turtle; 0 points for a gain

Water: 1 point for drinking 64oz of water for just one day

1 bonus point for drinking 64oz of water for more than 1 day

Calorie Chart: 1 point

Support: Phone a member: 1 point

E-mail a member: 1 point

Snail mail a member (good old US Postal Service): 1 point

**\*\*If you do not have e-mail, you can phone 2 members and snail mail 1 member -or- phone 1 member and snail mail 2 members.**

Exercise- AKA- MOVE

1 point for each DAY that you exercise at least 1 mile (20 minutes) =

7 pts available per week

1 bonus point if you log 8 or more miles (160 minutes)

1 bonus point if you exercise with a TOPS Pal

1 bonus point if you log more exercise than the previous week

(TOTAL MOVE points = 10 per week)

Insulated water bottles will be awarded to 1st, 2nd, and 3rd places.

Good luck & Get moving!