

Pamper Me Pail

We have a aluminum pail that one of the members painted with flowers and the words pamper me pail on it. It is filled with all sort of goodies to pamper ourselves. We are running the challenge for three months. For every 5 pounds lost we get to put our name in as a chance at it. At the end of the 3 months we will then draw a name out. We do not have any KOPS, a few are close though. If a person reaches KOPS status during that time the KOPS will just have to be under goal 3 weeks to put a name in the bucket. Make sense. If a person has a gain.. they still get to leave their name in.. but then they have to loose 5 pounds from that gain in order to put another chance in.