

Pound-ometer

**Leader challenges the chapter to lose 100 pounds.
(Could be any amount of pounds you choose)**

**Members discuss the ways they will accomplish this
and how long it will take.**

**The best loser of the week marks the progress on a
poundometer (similiar to a thermometer) poster in a
red marker.**

**Net gains should be subtracted from losses weekly.
Each member receives a small gift when the chapter
reaches the 100 pounds if within the allotted time set
by the chapter.**

