

Chapter

Contest Dates

School of Health & Social Reform Prize - Months dues 1 kops 1 tops

Name _____

Week#1 Week#2 Week#3 Week#4 Week#5 Week#6



Subject	Letter Grade	Letter Grade	Letter Grade	Letter Grade	Letter Grade	Letter Grade	total
Math							
Writing							
Phys.Ed.							
Speech/penmanship							
Science							
Bonus							

<p><u>Mathmatics (pounds lost)</u> A = lost 1 lb. or more B = lost less than 1 lb C = turtle F = gained</p>	<p><u>Science--H2O</u> A = 6+ glasses 56 oz + B = 4-5 glasses 32-48 oz C = 2-3 glasses 16-24 oz D = 1 glasses 8oz F = 0- glasses 0-</p>		<p>Grade Point Values: A = 5 points B = 4 points C = 3 points D = 1 point F = 0 points</p>
<p><u>Writing (Food Chart)</u> A = 7 days B = 3 - 4 days C = 1 - 2 days D= Partial days F = no exercise</p>	<p><u>Speech/Penmanship</u> A = Contact/write 2 members AND an absentee-3 B= Contact/write 2 members C = contact/write 1 member F = no calls</p>		
<p><u>Phys. Ed (exercise, 15 min. per day)</u> A = 5 days or more B = 3 - 4 days C = 1 - 2 days F = no exercise</p>	<p><u>Kops</u> A= Below Goal B= At Goal C= Above goal F=Out of Leeway</p>		
<p>BONUS B= bring a friend A= Sit with a different member each week OR A new member joins</p>			