

Winter Blues

Points earned:

Losing Weight (1 pt for every 1/2 lb; members lost 1 pt for every 1/2 pound gained)
(KOPS got 1 point for being below goal; 1/2 point for being in leeway - lost a point for being out of leeway) exercise (1 pt for every 15 minutes) Staying for the Meeting: 1 pt
Everyone who wished to participate brought in a \$3.00 prize, wrapped in blue. At the end of the contest, the member with the most points got first choice of blue prizes; etc.