

# CHALLENGE CONTEST

## CHALLENGE "LIGHT"

Lose up to 1/2 lb a week. Exercise: Either minimum walk of 3 miles or 60 minutes other exercise per week. (We have some members who can't walk but do water aerobics, so we build it in)(We always try to set a minimum of 20 minutes 3X week = 60 min.) KOPS: Exercise is the same Weight within 2 lb above or below goal

## CHALLENGE "MEDIUM"

Lose 1/2 lb to a 1 lb a week. Exercise: Either walk min. 5 miles, or 1 hour 40 minutes of other exercise per week  
KOPS: Same Exercise 2-4 lbs under goal

## CHALLENGE "BOLD"

Lose min. of 1 lb week Exercise: walk min 7 miles, or exercise 2 1/2 hours week  
KOPS: Same Exercise 4 - 6 lbs under goal

6 Week contest. One move for weight goal, one move for exercise goal. (Max 2 moves per week possible) BACK 2 FOR GAIN. No move for turtle. One furthest ahead at contest end in each group wins. Use any "decorative" form you want. Ladder, track, Our Chapter likes to see it visually moving ahead, so we used 3 rainbow graphics (one for each group) and members moved ahead on the rainbow.