

# FROG CONTEST

It runs for 6 weeks and goes like this:

Each member gets a page with a (fun foam) lily pad on the right and one on the left. In between the pads is a cauldron picture. Each week, we get to jump a frog sticker from the left hand lily pad to the right hand pad if we: keep a food chart, exercise at least 4x a week, lose or turtle, or drink water. We get to use one sticker for each item, for a potential 4 stickers a week. If you do nothing, you have to put your frog stickers in the cauldron where they are "eaten" The idea is you are jumping over obstacles to get to your goal...If you accumulate 12 stickers in 6 weeks, you get a froggy charm. People who accumulate 20 or more stickers get the charm plus a surprise gift. For those of you who are thinking this is a very easy contest, you are right. If you have members who have lapsed into BAD habits and seem stuck, this may encourage them to start doing SOMETHING good for themselves.