

Go For the Green Contest

KOPS:

Sign one shamrock each week if weighing in at goal or below goal to 7 pounds.

TOPS:

Sign one shamrock each week if weighing in with a loss

ALL:

Sign one shamrock for completing and turning in a calorie chart.

On meeting closest to St. Pat's Day, we will have a drawing from all of the signed shamrocks.

The member whose shamrock is drawn will win some green-- \$10.00 CASH! You will not need to be present at the drawing in order to win.

It only takes one shamrock to win, but the more shamrocks you sign, the more chances you will have.