

# Keep Your Head Above Water Contest

Contest ends when the last person has "their head above water". The rules are:

Each person that wants to participate place \$3 in the life ring.

To keep "Your Head Above Water" TOPS must show a **net** loss for the month. KOPS must have a **net** at or below goal for the month.

For example:

A **TOPS** member weighs **150** pounds June 2<sup>nd</sup>. On July 7<sup>th</sup>, they weigh **149.75** pounds, they are still in the contest. If they weigh **150.25**, they are out of the contest.

A **KOPS** goal weight is **155** pounds and on June 2<sup>nd</sup>, they weigh **156** pounds. On July 7<sup>th</sup> they weigh **155** pounds, they are still in the contest. If they weigh **155.25**, they are out of the contest.

The more times you weigh each month, the better grip you have on your weight management so there will be no surprises on the meeting night that your weight counts.

Each month those with their head still above water must add \$2 to the life ring to stay afloat.

The last person with "Their Head Above Water" wins the life ring.