

KOPS Dieto
Time Limit: 6 weeks

At goal	.50 lb	.75 lb	.50 lb	3 below goal
.50 lb	1 lb	.50 lb	4 below goal	1 lb
1 lb	.75 lb	5 below goal	.50 lb	.25 lb
1 lb	6 below goal	.50 lb	.25 lb	1 below goal
7 below goal	.25 lb	.25 lb	.50 lb	2 below goal

Name _____

Start: March 8, 2004 WEIGHT: _____
End: April 19, 2004 WEIGHT: _____

The object of this contest is to get 7 below goal! Are you ready to do it???

If you are a KOPS that is already at goal or below...begin by marking off the number of pounds below goal that correspond to your leeway weight on the start day of this contest...Yeah! You already have some bonus points! (Examples: If you are a KOPS at goal you will X off these blocks: at goal and enough blocks to total 3 pounds.

If you are below goal, do the same but mark off enough blocks totaling the pounds to correspond with your leeway weight, beginning at the top of your leeway and don't forget to mark off the; at goal, 3 below, 4 below etc that corresponds to your leeway weight)

If you are already 7 below...congratulation! But you have to maintain that for 6 weeks and give your fellow KOPS time to get there too! The KOPS that are 7 below goal at the end of the 6 week period will receive a charm.

BEST OF LUCK!!!