

On The Right Track Contest

Follow up on a program on food charts (Note: see programs for the program that can go with contest)

Week 1 - Write down everything one eats or drinks. Does not have to record amounts or counts.

Week 2 - Write down everything one eats or drinks with the measured amounts. (Before the meeting starts, groups could get together to figure out the exchanges so the member has more knowledge for the next weeks requirement).

Week 3 - Write down everything one eats or drinks with the measured amounts and the exchanges.

Week 4 - Week 3 plus exercise at least 20 minutes (honor system)

Week 5 - Week 3 plus exercise at least 2 times for 20 min. each (honor system)

Week 6 - Week 3 plus exercise at least 3 times for 20 min. each.

Duration: 6 weeks and can be started anytime, and can be restarted by any member. Someone will have to be responsible for keeping up with each members progress (I would suggest the Co-Leader). Prize - A charm bracelet and a C-55 charm (the train engine) awarded to each member who completes the contest. (The prize could be anything if this might be too costly for some chapters). Contest winners should get their awards as soon as possible. Ideally, they should be presented with these at the conclusion of Week 6.

Remember it is important to reinforce positive actions with positive rewards.