

# Picnic Basket Contest

Find or Take a picture of a picnic basket, on a plaid table cloth, sandwich, milk and apple are picnic food.

You can purchase ant stickers, from Walmart, craft store or scrap booking store - these are used for points earned.

## Rules:

Stay for meeting - one ant

Turn in food chart - one ant

Lose/same/Kops below goal (in leeway) - one ant

KOPS above goal must lose - one ant

Drink 4-8 oz glasses water 6 days a week - two ants

Exercise 3 days a week 15 minutes each - two ants

**BONUS: LOSE/SAME/ KOPS below goal all 4 weeks, or if above goal lose -----4 ants.**

Chapter can do in Leeway for KOPS if they wish. Our chapter members above goal decided they needed a challenge to lose.

**To Participate:** member must donate a picnic/cook out item

Chapter donates a picnic basket with plates, cups, utensils.....1st prize.

If you wish a member can donate two other baskets which can be filled with items that members bring in for 2nd and 3rd prizes.

Suggested items are plates, napkins, plastic utensils, plastic table cloth, disposable salt and pepper shakers, mustard, ketchup, low calorie dressings, bottled water  
Each member can bring in 4 items.