

Yes, I Can! Contest

Starting Weight: [date]

Ending Weight: [date]

TOP 3 points will win a prize

Yes I can lose weight!

+1 point for each < pound loss

-1 point for each < pound gain

0 points for a turtle

Yes I can drink 64 oz of water each day

+1 point for each day that you drink at least 64 oz of water

Yes I can exercise at least 2 hours this week (6 miles)

1 point for each 2 hours of exercise (max 4 pts)

1pt = 2 hours (6 miles)

2pts = 4 hours (12 miles)

3pts = 6 hours (18 miles)

4pts = 8 hours (24 miles)

Yes I can eat my veggies

Earn 1 point for each day that you ate at least 2 servings of vegetables.

(Max 7 points)

Yes I can eat my fruit

Earn 1 point for each day that you eat at least 2 servings of fruit. (Max 7 points)

Yes I can complete a food chart

Earn 2 points for completing your food chart

Yes I can call a TOPS pal

Earn 2 points for calling a TOPS pal (limit 2 points per week)

Yes I can write a TOPS pal

Earn 2 points for writing a TOPS pal (limit 2 points per week)