

## **RULES OF THE 12 WEEK CHALLENGE SPRING INTO SUMMER FUN**

This challenge is to maintain and lose weight during the following 12 Week Challenge period:

**Thursday, January 30 through Thursday, April 24<sup>th</sup> 2014!**

May 1st is announcement of awards:

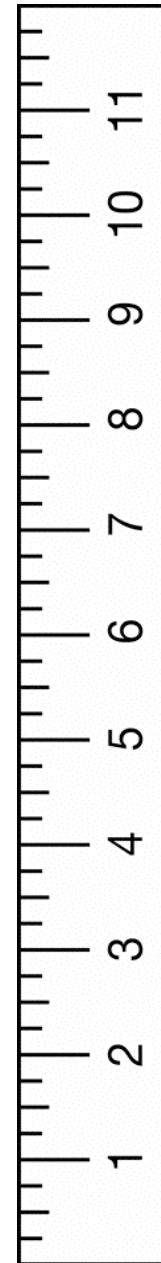
**1<sup>st</sup> Place TOPS    TOP TEN TOPS    1<sup>st</sup> Place TOP KOPS!**

This is a TOPS fresh weight challenge so if you gain it is a net loss/gain overall for the total weeks weighed. The weight recorder will take your weight on January 30<sup>th</sup> and subtract it from the weight on April 24<sup>th</sup> for TOTAL NET LOSS. A Top Kops will be awarded by the weight recorder too. The TOPS and KOPS with the best weight loss record will become the OK#13 Chapter Challenge Stars!

Be sure to take your ruler and highlight each week your weight loss. This will encourage you to continue to increase TOTAL WEIGHT LOSS! If you have a gain just make a small tally backwards and ENCOURAGE yourself to Exercise/make a small Food Modification and ENSURE a weight loss the following week!

Some of you might want to set a GOAL and see your movement towards that GOAL!

**GOOD LUCK TOPS!  
WE CAN HELP EACH OTHER DO IT  
ONE WEEK AT A TIME!**



# 12 WEEK CHALLENGE



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## INTO

