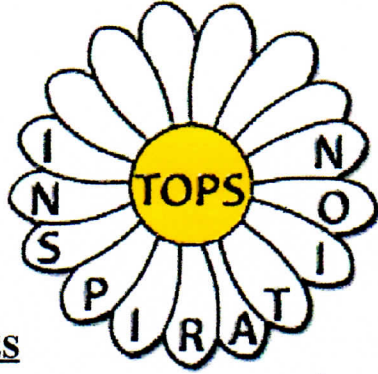


2017 "KOPS" SUMMER BEST LOSER

NAME: _____
 CHAPTER: _____

From May through September
!!KOPS MUST BE WITHIN LEEWAY!!

Goal weight _____



RULES

The contest runs from May 1st to September 30th.

KOPS: Fill in the spaces for the beginning and ending weights of the contest time frame, and for your goal weight. Check off every week you were in leeway under each month of the contest. Remember you must be in leeway through the entire contest to receive a charm.

Please remember: You must have your weight recorder sign your contest sheet in order to receive a charm at Fall Rally.



MAY

Weight as of 1st day of May is: _____ lbs

- 1st week, in leeway _____
- 2nd week, in leeway _____
- 3rd week, in leeway _____
- 4th week, in leeway _____
- 5th week, in leeway _____

JUNE

- 1st week, in leeway _____
- 2nd week, in leeway _____
- 3rd week, in leeway _____
- 4th week, in leeway _____
- 5th week, in leeway _____

JULY

- 1st week, in leeway _____
- 2nd week, in leeway _____
- 3rd week, in leeway _____
- 4th week, in leeway _____
- 5th week, in leeway _____

AUGUST

- 1st week, in leeway _____
- 2nd week, in leeway _____
- 3rd week, in leeway _____
- 4th week, in leeway _____
- 5th week, in leeway _____

SEPTEMBER

- 1st week, in leeway _____
- 2nd week, in leeway _____
- 3rd week, in leeway _____
- 4th week, in leeway _____
- 5th week, in leeway _____

The last weigh-in in September I weighed: _____ lbs

 (Weight Recorders Signature)

****DO NOT SIGN UNTIL THE LAST WEIGH-IN BEFORE FALL RALLY****