

**INDIVIDUAL MEMBER SUMMER CONTEST**

**MEMBER NAME** \_\_\_\_\_

<b>STARTING WEIGHT ONLY - The week of May 27th-June 2nd (Or first weight-in after starting date) _____ LBS</b>						
<b>" BACK TO BASICS "</b>	<b>FOOD JOURNAL</b>	<b>DRINK WATER</b>	<b>EXERCISE</b>	<b>KOPS weight</b>	<b>TOPS Weight</b>	<b>TOTALS</b>
	3 DAYS 3 Points/ week	3 GLASSES/DAY min 2 PTS PER DAY	15 Minutes MIN 2 PTS Per day	2 PTS A/B Goal 1 PT Upper LW (-2) PTS OUT LW	2 PT LOSS 1 PT TURTLE (-2) PTS GAIN	
<b>WEEK 1 - June 3rd to 9th</b>						
<b>WEEK 2 - June 10th to 16th</b>						
<b>WEEK 3 - June 17th to 23rd</b>						
<b>WEEK 4 - June 24th to 30th</b>						
	5 DAYS 5 Points/week	4 GLASSES/DAY min 2 PTS PER DAY	20 minutes MIN 2 PTS Per Day	2 PTS A/B Goal 1 PT Upper LW (-2) PT OUT LW	2 PTS LOSS 1 PT TURTLE (-2) PTS GAIN	
<b>WEEK 5 - July 1st to 7th</b>						
<b>WEEK 6 - July 8th to 14th</b>						
<b>WEEK 7 - July 15th to 21st</b>						
<b>WEEK 8 - July 22nd to 28th</b>						
	All 7 DAYS 7 Points /week	5 Glasses/DAY MIN 2 PTS PER DAY	30 minutes MIN 2 PTS PER DAY	2 PTS A/B Goal 1 PT Upper LW (-2) PT OUT LW	2 PTS LOSS 1 PT TURTLE (-2) PTS GAIN	
<b>WEEK 9 - Jul 29th to Aug 4th</b>						
<b>WEEK 10 - Aug 5th to 11th</b>						
<b>WEEK 11 - Aug 12th to 18th</b>						
<b>WEEK 12 - Aug 19th to 25th</b>						
<b>BONUS POINTS 20 points per each</b>						
<b>PERFECT ATTENDANCE -OR BECOME A NEW KOPS OR REINSTATED KOPS DURING SUMMER CONTEST</b>						
					<b>TOTAL POINTS</b>	
<b>ENDING WEIGHT ( Or Last weigh-in before Ending Date) - WEEK 12 _____ LBS</b>						
<b>NET LOSS (-) /GAIN (+) _____ LBS</b>						
<b>PERCENTAGE OF WEIGHT LOSS _____%</b>						