

## 2019 – 2020 MD13-OH2 Weight Loss Challenge Instructions

Obesity is one of the major factors leading to diabetes. Let us as Lions take action to help prevent diabetes among our friends and ourselves! While we are at it, we will help raise funds for great Lions programs and even have a little competitive fun! The Weight Loss Challenge is to encourage clubs to work together to lose weight as a group.

During September 2019 sign up club members to participate and hold a weigh-in. Record the members starting weight in the September column. Record the members pledge in the Pledge column. Submit a copy of the form with the September information to:

Governor Kenny Schuck

1126 Township Road 1875

Ashland, Ohio 44805

or Email: [kennyschuck@gmail.com](mailto:kennyschuck@gmail.com)

Clubs may do monthly weigh-ins if they wish. A weigh-in must be done and copy sent to the Governor by February 29, 2020 for a convention update. In May 2020 complete the final weigh-in and collect the pledges, submit them to the Governor by May 31, 2020. The winner(s) will be notified in June.

The amount of pledges collected will determine the winning prize and whether there will be 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> places.

Example: If \$500 is collected the winning club will be able to award an OLERF W.R. "Dick" Bryan Fellowship.

If \$1000 is collected the winning club will be able to award a Melvin Jones Fellowship.

If \$1500 is collected the winner will award a Melvin Jones and 2<sup>nd</sup> place will award a Dick Bryan.

We will then add another placing with every \$500 we collect.