



## Jerusalem Grand Chapter Order of the Eastern Star, PHA

### 1000 Pounds Health Challenge Agreement

I \_\_\_\_\_ a member of \_\_\_\_\_ Chapter agrees to participate in Jerusalem Grand Chapter 2012-2013 1000 Pounds Health Challenge. I understand the Challenge is open to all members of Jerusalem Grand Chapter but only members that **lose at least 25 pounds between July 1, 2012 and February 28, 2013** are eligible to win one of the three prizes. I will comply with the following rules of the challenge.

1. A fully clothed current picture and a copy of this agreement must be sent to Grand Worthy Matron Patricia Stafford between June 1 and July 31, 2012.
2. My current weight is \_\_\_\_\_. (This will be kept strictly confidential, so please be honest)
3. You must lose the weight through diet and exercise. Medical procedures are not allowed. (i.e. Gastric Bypass, etc.) Weight loss supplements are permitted.
4. In case of a tie in weight loss, the prize money will be split between the winners in that placing (1st, 2nd or 3rd)
5. Jerusalem Grand Chapter Line Officers can participate, but are not eligible to win one the prizes.
6. The prizes are: 1st, \$500.00 - 2nd, \$300.00 - 3rd, \$200.00
7. The Winners will be announced April 13, 2013 at our 4th Grand Session during the Queen and King Contest.
8. My weight as of February 28, 2013 is \_\_\_\_\_.
9. You must send a picture, a copy of this agreement and your weight as of February 29, 2012 to Grand Worthy Matron Patricia Stafford. Your package has to be postmarked no later than March 9, 2013 to be eligible to win.
10. Make sure you keep a copy of this agreement.

#### **For members who lose less than 25 pounds**

[  ] I will gladly lose a few pounds to help Jerusalem Grand Chapter reach its 1,000 pounds goal. Total weight lost as of February 28, 2013 \_\_\_\_\_.

I have read and accept the rules of the 2012-2013 1000 Pounds Challenge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Mail to:  
GWM Patricia Stafford  
1000 LB Health Challenge  
P.O. Box 061078  
Palm Bay, FL 32906-1078