Ryan's Sponsored Diet

"The more Pounds I lose, the more pounds I raise"

The swimming club means a lot to me as you all know and I need to lose some weight. So I've decided I'm going on a diet to raise money for the one thing a care about, Cheshunt Swimming Club. As you can guess I will need lots of support and encouragement and I'm sure you will all give it to me!

I will attend Grundy Park every week on a Sunday at the Training Session for a WEIGH-IN, which will be verified by a committee member/Parent. My Progress will be tracked and recorded. My personal Target is to lose 50lbs, the first weigh-in took place on the 3rd January and my final weigh-in will be on Sunday 23rd May (20 weeks).

You can either Sponsor me to reach my target or per lb lost with a maximum Total. To encourage me to keep the weight off, once I've finished on 23rd May 2010, I will donate £20 per pound I put on for the next 10 weeks after.

Name	Address	Per lb	If target reached or Maximum

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