

You are cordially invited
to donate a pound or two of your flesh to

Palestine

by taking part in our

2012 Sponsored Diet

in aid of

14 Friends of Palestine

and other related organizations including:
the US Campaign to End the Israeli Occupation,
the Israeli Committee Against House Demolitions
and **the Gaza Mental Health Foundation**

The Rules

1. Weigh in at a private home in San Rafael on Thursday Jan 5th 2012 or at home
2. Get sponsors (*suggest \$1 per pound, or more*)
3. Eat less or differently
4. Exercise more, on your own, or join our weekly hikes
5. Weigh-out Thursday April 12th, after 14 weeks
6. Collect money from sponsors
7. Give in all money to organizer by May 1st 2012
8. Stop exercising and eat lots so we can do it all again next year ☺

Please note that while your actual weight will remain confidential, your weight loss (or gain!) will be broadcast for the merriment of others.

If you want to join, please email 14friendsofpalestine@gmail.com

Long distance dieters from elsewhere in America are welcome to join us.

Penalty clause: Anyone who gains weight pays a fine of \$10 per pound (*we could raise quite a lot of money this way*)

Automatic disqualification for:

1. **Rocks in pockets at weigh-in**
2. **Use of helium balloons at weigh-out**
3. **Limb amputation**
4. **Child birth**

Good luck! And may we all end up with a figure of a twelfth grader.

Those of you who do not need/wish to lose weight are invited to sponsor those of us that do.