



Ashleigh Road - At Home Weight-Management Games

Dear Neighbour,

My name is David Hume and I'm your neighbour at number 9 Ashleigh Road (the house with the orange kayak, ...I've reported the fence and Dexter assures me it will be fixed asap)

I have developed a Behaviour Tournament App www.BetYourselfBetter.com to help those of us who are motivated by games and comradery to compete on who can stick to a goal for the longest period. The idea is to reward those that do and penalise those of us who don't!

With this in mind I would like to invite you to join one of the 2 different weight-management games that we have setup for Ashleigh Road, where half of the forfeitures will be going to the NHS. I realise this is not everyone's cup of tea, but think this is a good chance for us to build on community rapport beyond the clapping and help raise money for the NHS.

I certainly hope you will support this initiative and welcome any thoughts and feedback on how we can improve.

Current Games Starting on Wednesday 29th (but you can join in any time after the start date):

- **Lose 3kg in 3 months + Maintain** - £25 Pledge - 50% of Forfeitures to NHS
- **Lose 5kg in 3 months + Maintain**- £25 Pledge - 50% of Forfeitures to NHS

Pick whichever goal you think will suit you better, but the harder goal might mean more money for you and the NHS!

You can get involved by searching the name of the game in the 'Find a Game' search bar on the home page and following the instructions to join. It's easy to play – just take a photo through the app of your weekly weight and we will handle all the rest for you!

Any questions or suggestions please feel free to drop me a line at davidjhume@gmail.com,

Thanks! Dave