

Inspirational Contest

Well we are just about ready for that "short" stretch before Christmas and every year my chapter runs the sameand it usually works quite well. What everyone does (that wants to participate) is goes to the store and buys a small 5 dollar item....could be an Christmas ornament and candle whatever.....you put your name on the inside of the box and then gift wrap it 8 times.....numbering each wrapping as you go.....if you want to you can put an inspirational note on each wrapping! Then what you do is take that beautifully wrapped gift back to your meeting and figure out a way to exchange them....either put them on a table when you come and grab one as you leave or pass is 5 people to your left as long as you do not get your own! Then you take this gift home that you received and for the next eight weeks.....if you have a loss or a turtle you get to take off one wrapping.....so that you will have a present in time for Christmas from one of your tops pals!!! KOPS at 4 points get to take a wrapper off each week (will give a refresher course on the kops point system that we use in just a sec).....KOPS at 2 or 3 points must also have a loss or a turtle to take off that wrapper!!! depending when your chapter meets.....count backwards 8 weeks before!! Our chapter will be able to take off our first wrappers on the 26th of October.... some chapters will have to start the week of the 18th.....so get those calendars out and happy unwrapping!!! Ok... our KOPS in our chapter go off of a point system. 4 points (being perfect) means that they are below there goal weight, they weighed in and they stayed for the meeting.....now here is where it gets tricky...

3 points.....they weighed in and were above goal but in leeway and stayed for the meeting OR they weighed in and were below goal but could not stay the meeting then there is a good 2 points and a bad 2 points..... 2 points (the good one) they weighed in and were above goal but in leeway and could not stay for the meeting 2 points ... (the bad one) is that they weighed in and were out of out of leeway and stayed for the meeting and 1 point which you rarely ever see.....is some one who is out of leeway and does not stay for the meeting.....I guess the easier way to break this down is:

2 points for being at or below goal (if they are above goal but in leeway they only get 1 pt) 1 point for weighing in 1 point for staying for the meeting 4 POINTS

Christmas Tree

This is a simple, yet fun contest. We painted a Christmas tree on poster board and decorated it with those colored 1 inch circle stickers. Each sticker had a number on it. For six weeks, when a TOPS weighed in with a loss or turtle, or a KOPS weighed in in leeway, they signed their name on a ball. At the last meeting before Christmas, we drew numbers out of a hat and the corresponding numbered balls won a prize. We had about a dozen prizes and winners.

Christmas Tree

Decorate a tree with apples, for fall. However, this could easily be changed for Christmas. Everyone gets a Christmas Tree (a construction paper poster of a Christmas tree , and for every segment of a pound lost, they get an ornament (a sticker or sequins piece). For bringing a food chart/exchange chart, they get a "Christmas light (a piece of sequins or sticker- when you have several, connect with marker for wire). You could also add presents, a star on top or whatever for other achievements. For prizes, you could give a mini Christmas tree with decorations, free dues for the New Years month, etc.