

Christmas Contest

This can be adapted to fit your circumstances. This is fun and keeps attendance up when everyone gets so busy with shopping, etc.

Copy \$20.00 bills on a copier that reduces and make them about 1/2 regular size, then run them on green paper.

Everyone who wants to participate brings an unwrapped gift or craft item worth approximately \$5.00.

Contest begins Nov 11 and ends December 16. (6 weeks)

TOPS and KOPS earn TOPS DOLLARS (aka funny money) for the following accomplishments:

TOPS earn \$20.00 for losing a pound or a part of a pound.

(2# = \$40.00, 3# = \$60.00, etc.)

KOPS earns \$20.00 for being in leeway, \$40.00 for being at goal, \$60.00 for being below goal, \$80.00 for being 7 pounds below goal.

Everyone earns \$\$ for the following accomplishments:

\$20.00 Staying for the meeting

\$20.00 Contacting a TOPS pal

\$20.00 Keeping an accurate food chart

\$20.00 Exercising at least 3 X 30 minutes per week

\$100.00 Presenting a program (one time only)

Items are auctioned on Dec 16th during the regular meeting. Only members who have brought an item to be auctioned may participate.

NOTES:

Use TOPS money to bid. Members collect money each week at weigh in.

Lost money will not be replaced. Money will not be paid if member is absent.