

Falling Leaves

Make or buy a poster of a bare tree, then decorate it with lots of leaves which can be removed. Each person gets to remove a leaf for each pound they lose (KOPS for being in leeway) until the whole tree has "fallen" along with your weight!

Falling Leaves II

On a sheet of paper you draw a tree with alot of branches.

RULES:

TOPS:

Each 1/2lb loss you draw a leaf on the tree and write your name on.

Each 1/2lb gain you draw a leaf on the ground and put your name on.

KOPS:

Each 1/2lb loss draw a leaf on tree.

Each 1/2lb gain draw a leaf under tree.

For being at goal or under goal, draw a leaf on tree.

Going out of leeway draw 2 leafs under tree

Total up leafs on tree and the most wins.

Usually run this for 4 weeks, starting 1st week of Sept.