

# Lose to Win Contest

This contest lasts 10 weeks and anyone wishing to make a commitment to lose weight during the 10 weeks can join.

Each week everyone in the contest pays \$1.00 or they can pay the \$10.00 at once. All the money goes into a pot.

At the end of the 10 weeks the person who loses the most weight gets 2/3 of the cash. The runner up gets the remainder.

*Note: If you end the contest around the first part of November it is a great incentive. Extra spending money for the holidays is always a good thing.*

## *Another variation on the Lose to Win Contest:*

The members who wants to participate pays a quarter.

Make little disks with members names on them, one for each member.

The first week gather together two containers. The names of the participants goes in one containers, money in the other.

The next week begins the drawings;

If the member whose name is drawn loses they win the money and we start over.

If the member is a KOPS and they are at leeway or under and their name is drawn they win the money.

If the member gains or a KOPS over leeway they put an extra quarter in the pot.

If a member turtles they don't win but they don't have to put an extra quarter in either.

Then everyone who wants to participate for the next weeks puts their quarter in.

This can continue for 3 weeks. On the 3rd week keep drawing until someone wins.