

Pledge to Lose Contest

Have a 5-week entry period: Members can start anytime within those 5 weeks and it lasts for 10-weeks.

Members earn points in 4 categories

- 1) Scale**
- 2) Exercise**
- 3) Calorie Chart**
- 4) Communication**

Points are earned as follows:

1) Scale- TOPS

Pledge to lose between 5 and 20 pounds (that's an avg 1/2 pound to 2 pounds of healthy losses per week. Set something challenging but attainable.)

Earn 40 points if reaching 100% or more of your pledge

Earn 30 points if reaching 75% of your pledge

Earn 20 points if reaching 50% of your pledge

Earn 10 points if reaching 25% of your pledge

Earn 0 points if less than 25% of your pledge

Perfect Score: 40 points

Scale- KOPS

They earn points each week for weigh-in

0 points: Out of Bottom leeway

4 points: Leeway under goal

3 points: At goal or on medical excuse

1 point: Leeway over goal

0 points: Out of TOP Leeway

Perfect Score: 40 points

2) Exercise (TOPS, KOPS)

Earn 1 point for an exercise session of 20 minutes or longer --OR-- Earn 1 point for walking, jogging, running, hiking, etc. session of 1 mile or longer.

**May combine activities i.e. may walk 1 day; swim 1 day; cycle 1 day; hike 1 day, etc.
Limit 1 point per day; 4 points per week.**

Perfect Score: 40 points

3) Calorie Chart: Complete a calorie chart including the total amount of food eaten along with one of the following:

1) total exchanges for each item;

2) total calories for each item; or

3) total fat grams for each item.

Earn 2 points for each complete calorie chart.

Perfect Score: 20 points

4) Communication: Call or write a different TOPS or KOPS each week.

Let them know that you care, need advice, congratulate them on a job well done or encourage them to do better next week, etc. Earn 2 points per week for completing this activity.

Perfect score: 20 points

Overall Perfect Score: 120 points

Each member earning a total of 85 points or more will earn the TOPS Pledge to Lose charm. You can also have small prizes for perfect scores in each category and overall. * This contest can also be used for team-based competition.

Teams as small as 4 and as big as 1/2 the chapter, do whatever works best for your group.