

Rainbow Contest

Purchase a rainbow shaped piñata (or you could use anything that will accept push pins). Every member who wants to participate pins a dollar on the rainbow. Have one person in charge of keeping track.

Every week a member loses weight or turtles, they add another dollar. If they gain, they are out of the contest.

After roll call, name the people who are to go up and add a dollar. No mention is made of the people who are eliminated. We don't want to embarrass or discourage anyone.

Everyone is allowed one excused absence.

KOPS choose one goal from a list for the week (keep a food diary for 5 days, contact each member and encourage them, exercise 3 times for 30 minutes...) to stay in the contest.

By process of elimination, the contest generally lasts 6 weeks.

(This can be changed to accommodate any shape)