

# Stop the Rain

Take a poster board or corkboard and cover it with a colorful paper.

Place a large rain drop for each member wanting to participate in the contest and get them to write their names on the drop. We cut out and made a large yellow, red and orange sunshine and placed it at the top of the board. That is week one.

For each of the following weeks all they have to do is lose weight and they get to place a smaller raindrop on the board above their larger one. We did this for a total of 8 weeks.

Our Kops had to stay below goal. If you had a turtle (stayed the same) you stayed where you were. If you gained you stayed where you were. The ONLY changes were if you lost weight. We had a separate prize for a TOPS and KOPS winners. (IF you have a tie, draw straws or pick a # from 1-10)

The contest was called "Evaporate your Weight"

You start out a big ole rain drop and work your way toward the warm sun that will "evaporate" you and you end up thinner.