

Surprise Box

Buy a nice gift and put it into a box and wrap it pretty. (only one person should know what it is Keep it a secret and it will be more fun).

Each week that members have a loss they get to put a sticker with their name on the box. You can also add other rules to get your name on more than once:

Consecutive loss

Loss greater than one pound

Bringing a visitor, if the visitor joins, etc.

Also include KOPS by letting them put their name on for:

Being at or below goal

Within leeway

Bring in visitors

New members,

Consecutive weeks at or below goal.

Run for 4-6 wks. Winner is the person with their name on the box the most times and gets to open box and keep the surprise.

You could also do 2 boxes one for TOPS and one for KOPS.