

Thanksgiving Team Contest

Contest runs middle to end of Oct thru first weigh in in Nov. Runs 6 weeks thru Halloween and Thanksgiving. Put everyone in chapter into teams of 3 or 4 people. One person on each team will be the captain. Captain will be in charge of counting up the points the team has earned each week and then reports the score to the contest leader. There is a poster made with a picture of a turkey for each team. Each turkey has 6 feathers. Each week when a team reports their score to the contest leader, their score is written on one of the feathers. At the end of the contest, all points are added up and team with the highest score wins.

These are some things you can get points for...

Lose... 2 point Turtle... 1 point

Attend meeting... 1 point

Bring completed menu... 1point

Call a TOPS pal... 2 points

Weigh-in after Halloween & weigh-in after Thanksgiving... 3 BONUS points to each person weighing in with a LOSS

KOPS:

Lose & at or under goal... 2 points

Lose & over goal... 1 point

Gain but at or under goal... 1 point (all must be within leeway)

You can add or subtract things from this list or change point values depending on what things you want to motivate people to do. You might want to have people get points for exercizing a min of 3 days in the week for example.