

TOPS SURVIVOR CONTEST

Entry fee is \$5.00 per person. (Can be more or less, you decide as a group). Contest runs 6 weeks.

You must keep a food diary which will be provided for you and must be brought to chapter each week You must come up with a name for your TOPS tribe (team)

All members who wish to participate in the contest will be put into teams. All points earned by each member will be totaled into team points. There will be a new challenge each week to test your resolve to TAKE OFF POUNDS SENSIBLY.

You will not be voted off your team as done on the Television version, but you can be kicked off if you fail to have a net loss on last day of contest. So there could be a possibility of having a team with less members at the end. All money will be split between winning team members.

OUT WIT OUT PLAY OUT LAST

Challenges for this contest will not be known to the members until the week they are to do the challenge.

Suggestions for challenge: No sweets (sugar free ok. means no cookies, candy, donuts, cakes, pies etc); water challenge (8 a day); Fish challenge, Exercise, Outsmart the other team challenge, you could probably come up with some fun challenges. Points will be given each day you complete the challenge (according to your journal).

POINTS

It is a team contest, and each team picks a name, and captain, and the captain keeps track of the points. Team with most points wins.

KOPS rules

- *one point for being below goal
- *one point for stay the same when below goal

TOPS rules:

- *2 points for a loss
- *1 point for staying at a meeting
- *1 point for exercising 15min 3 times a week
- *1 point for turning in a calorie sheet.