

TRADE YOUR POUNDS FOR PETALS

RULES: There will be two contests running for the next 5 weeks, one for KOPS and one for TOPS.

There is a \$1.00 charge for this game and prizes will be awarded last week.

The object of the game is to “trade” your lost pounds for flower petals. The person with the most petals on their flower wins. A maximum of 2 pounds may be “traded” per week for petals. Additional petals can be earned by staying for the meeting and bringing in a calorie chart. KOPS “trade” being at goal for 1 petal and being below goal for 2 petals.

PRIZES: Potted flower for each contest

Member with the most petals will be the winner (one for KOPS and one for TOPS). In case of a tie, one name will be chosen at random and all others will receive \$2.00.

I drew big circles for each member and used smiley stickers for the petals. It was on a big poster board.