

Travel the U.S.

Give maps of the US, with all the states outlined (Don't forget Alaska and Hawaii), to all participants. You can get a map from the library, or probably find one online.

To start, each person could color in our chapter's home state. Then, another state could be filled in for each of several different accomplishments. I don't remember them all, but some were:

A loss (for TOPS, or KOPS at or under goal)

Staying for meeting

Exercising a certain number of days

Contacting other members

Doing a program

Being TOPS (or KOPS) of the week

Drinking water

You can make up your own list, depending on what your emphasis is, and/or how long you want the contest to run.

Winner is the first person to color in all 50 states. We had put in fifty cents each, with winner getting all the money. Again, the prize can be something else.