

Bead Contest

5 Week Contest

You will need a large safety pin. It needs to be able to hold 5 beads.

Beads of different colors.

Hand out the beads with one same color on each one. (example gold) the next week anyone who has lost weight or stays the same gets to add a new color (example red).

If you gained you lose your gold one.

The following week you if you lose or stay the same you get to add another color (green) but if you gain you have to give back the last color Then another week goes by and you either add a new color (purple) or lose one depending on how you did.

Then the fifth week has arrived, you either add another color (pink) or you lose one. If anyone has five colors, you give them something special. I give out a pin that says great job or a smiley face.

If you have that contest more than once change the colors the next time. This way people can't hold back any colors and cheat (not saying that they will but this way they can't)

Now if you have KOPS. If they stay below goal or at goal they get one but if they are over goal. They don't.