

FOUR LEAF CLOVER

Draw a four leaf clover (shamrock) on a piece of paper. Divide the leaves into sections. For example, you have four leaves--maybe you could run the contest for four weeks. Divide each leaf then into eight sections. Label each section with what you want the member to do. Drink 8 glasses of water, call a TOPS pal, keep a food chart, exercise 60 minutes in a week, stay for meeting, sharing receipts, losing weight or staying in leeway, eating something green (or wearing something green to the meeting). Have members color in the sections that they have done for the week. When the contest ends, the person with the most colored section wins.