

# Halloween Team Contest

All members can take part in whether TOPS or KOPS.

You divide the Chapter members into two teams You have two imaginary people who we call....Casper and Wendy You set an imaginary goal that each team has to lose...we started out with 100 pounds for each side. Casper team get a blue ribbon and Wendy team gets a white ribbon. I was creative and wrote in sparkly paint the name on each ribbon. If you were on Casper's team you got a blue ribbon with the name Casper on it and vice versa for Wendy. The team that was the first to lose 100 pounds got free weeks dues. At the first of each month the Weight recorder announces how much each team has lost or gained, subtracting or adding to the 100 pounds.

As a new member joins he/she is put on a team. Try to keep the same amount of people on each team. If one team is short a member we give them a handicap of 1/2 pound each week. It really has boosted our losses, and we find members calling people on their team for encouragement.