

Lucky Egg contest

Materials:

Large Easter Basket filled with Small hollow plastic eggs

Small Baskets (strawberry baskets with ribbon works nice)

Before beginning the contest:

Write inspirational messages on strips of paper and put one message into each egg. Put a message that says "You're a TOPS winner" into only one egg. Put all the eggs into the large easter basket.

The Contest Rules:

The contest lasted for 6 weeks with the prize on display at every meeting. Members wanting to play payed \$1.00 each. This money was used to buy an Easter/Spring related prize or it can be used as the prize. Each participating member got a small basket. With each weight loss for TOPS and loss or below goal for KOPS the member got to pick an egg and place it in their basket. At the end of the contest everyone took turns opening and reading the messages in the eggs. Whoever got the "TOPS winner" message won the prize.