

Sock Partner Contest

First, have each member who wants to participate bring in a pair of socks. Particularly if they are white, they need to make some kind of mark in the toe of each one so everyone will know they are mates.

The Leader or Contest Person then separates the socks into two piles - one sock of each pair in each pile. One sock from Pile 1 is put inside a brown paper lunch bag and a different sock from Pile 2 is stapled to the outside of the bag.

The person's sock that is stapled to the outside of the bag then writes her/his name on that bag and each week for the duration of the contest (we used four weeks) he/she records the gain or loss on the bag. At the end of the contest, the member figures the total loss (or gain) for the period.

Now comes the Fun Part - opening the bag and finding out who your "secret" partner is (the person who owns the inside sock). Each member really has two possible partners - the one whose sock you have in your bag or the person who has your other sock in their bag. It is up to each person to decide which partner is desired. The key is which partner would give the two of you the biggest loss for the contest period. Sounds confusing - but it worked for us. Our winning couple lost a total of 16 lbs. and no one else was even close. (No matter which partner I chose, we ended up with a gain) It got the people moving and talking to some people they normally don't talk to. The winning partners get to keep all the socks. Last night it was 27 pair and they split 13/14. Fun and different.

Note: The Leader could make it simpler, by putting the socks in the bags so that the person whose sock you have in your bag would have your matching sock in her bag. You could only have one partner this way.