

BOBBIETOPS CONTESTS

Halloween Team Contest

From: sbknight@lon.ionline.net

all members can take part in weather 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 a 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.

Beat The Spook.

The rules are:

1 contest starts on sept. 26,1997 (you did not miss this week don't worry)

2 contest ends on Oct. 30, 1997

3 \$1.50 to join contest

4 Points:

a) stayed for meeting = 1

b) exercised 3 x during week = 1

c) handed in a completed food sheet = 2

d) tops weight loss or Kops at or below goal = 2

e) tops turtled or Kops above goal but in leeway = 1

f) accomplished surprise food exchange on Wed or Thurs. ** see below

possible points for a week are 10

you will need to follow all the exchanges on Wed or Thurs of that week for a minimum of a 1200 calorie diet as in the monograph. When you come to the meeting that week, Linda Custer will draw two exchange cards at random and you must have eaten the total exchange for the day of that exchange to earn the 3 points for that one. This means if she picked milk exchange and fruit exchange, you would had to have eaten a minimum of 3 fruits or 2 milks for that day. You can do both as it is to your benefit but points are awarded for one or the other. The total exchanges needed for any one day would be at least 4 starch, 5 meat, 2 vegetable, 3 fruits, 2 milks and 3 fats as on the 1200 calorie diet. If you eat more than 1200 you need to just make sure you have this minimum of any of the exchanges to qualify for the points. Okay now on to bonus bonus points!!!! If you come in with a total of say 5 points for that week, Linda has a spinner that is the ghosts points. She will spin it and say it comes up 3 - that means you get extra points for "Beating the Spook" So you never know from week to week what exchanges you will have to eat to get points or if you will beat the spook that way. You put your name on a ghost on the board, and move it up the board in increments based on your points! We want you to be lighter and float in the air and the spook can gain all the weight!!

spider web

From: KimNTOPS

I made a spider web on orange poster board with a white paint pen. Each section of web has 20 "connector webs" so to speak. I got little black plastic spiders that start in the middle of the web. Each week every member gets the chance to move their spider up 5 spaces on the web. Each person gets their own section of web. You earn spaces by accomplishing tasks during the week. You get to move up one web by doing each of the following: Have a loss or turtle, keep a menu and turn it in, drink 64 oz. of water EVERY DAY during the week, exercise for at least 20 minutes at least 3 times during the week, and write or call a TOPS pal during the week. We started with today's weigh in and it will go to the meeting before Halloween. The winner gets a cute little wicker pumpkin basket (Walmart - 97 cents).

The winner is the first spider out of the web or closest to being out of the web.

Thanksgiving Contest

Pluck the Turkey

From: CyberGrizz@aol.com

I took two large styrofoam balls and painted them brown ... used an egg-shaped styrofoam ball for the head ... put on some wiggle eyes, a beak, a red "wabbler" thing and used three toothpicks for legs (I know, but it wouldn't stand up with only two legs!) Then, I put the same number of feathers on both turkeys (I found some neat brown and orange feathers, but you could also use paper feathers) Then, you plucked one feather for each pound or fraction of a pound you lost ... the team with the most "naked" turkey at the end won!

Thanksgiving Team Contest

From: AZTOPSGal

Contest runs middle to end of Oct thru first weigh in in Nov. Runs 6 weeks thru Halloween and Thanksgiving. Put everyone in chapter into teams of 3 or 4 people. One person on each team will be the captain. Captain will be in charge of counting up the points the team has earned each week and then reports the score to the contest leader. There is a poster made with a picture of a turkey for each team. Each turkey has 6 feathers. Each week when a team reports their score to the contest leader, their score is written on one of the feathers. At the end of the contest, all points are added up and team with the highest score wins.

These are some things you can get points for....

Lose... 2 point Turtle... 1 point

Attend meeting... 1 point

Bring completed menu... 1point

Call a TOPS pal... 2 points

Weigh-in after Halloween & weigh-in after Thanksgiving... 3 BONUS points to each person weighing in with a LOSS

KOPS:

Lose & at or under goal... 2 points

Lose & over goal... 1 point

Gain but at or under goal... 1 point (all must be within leeway)

You can add or subtract things from this list or change point values depending on what things you want to motivate people to do. You might want to have people get points for exercising a min of 3 days in the week for example.

Thanksgiving Basket

From: Maccalryth

Start with a honeycomb turkey (you know the type you use for center pieces) and add feathers to the slots. These feather will have the names of the various items that are part of our thanksgiving dinner. This is a great contest and the rules are simple. All you have to do to win is lose wt and thats why we come to Tops. This contest runs from the 1st week in Oct untill the last weigh in before Thanksgiving. All chapter members are included in this event and everyone has a chance to win a basket.

Each week that we weigh in and have a loss our name goes in a box. On the last day of the contest a name is drawn from the box and this member wins the basket. If your chapter has to go through the feathers more than once have more than one basket. Items are then divided up evenly. The chapter treasury donates \$5-7 to help buy a turkey for each basket. Each week you dont have a lose a feather is drawn and you get ot contribute to the the basket This means if you stay the same, gain or if you do not attend the meeting for any reason you get to donate the item on the feather. Everyone brings in their item the next week and the perishables are brought the last week . No freather are drawn from the turkey the last week of the contest. Special for KOPS and KIW if you are above your goal you must draw a feather , if below your goal you put your name in the box for the basket.

Turkey Tails

Will run through Thanksgiving. I made a turkey with an orange straw ball with a turkey head glued on the front. Then I made turkey tails out of different colored construction paper, laced a wooden stick on each tail and stuck them in the

turkey. Each member has their name on a tail. If a TOPS has a loss she gets one mark on her tail, if she loses 1 pound or more she gets 2 marks. If a KOPS loses or is in leeway she gets one mark, if she is at or below goal, she gets 2 marks. The tail with the most marks on last day of contest is the winner. This is fun and colorful.

Holiday party ideas

For our games, members were asked to bring a prize (wrapped) worth about \$1. Practical items, such as lotion, tissues, napkins, were suggested, but anything was ok. We had a table piled high with prizes, so we played several games. We still had a lot of prizes left over, which the leader took home to use for a future games day just after the new year.

Christmas Song Bingo

Each person wrote down the name of five Christmas songs. I then drew names of songs from a dish (I had written down every one I could think of -- came up with 57); as I called the name of one's song, they marked it off. When the fifth song on anyone's list was called, they did not call "bingo," but sang the opening line of the song. Some members really got into the spirit; and if I called the name of a song they liked, or one they hadn't thought of in awhile, they would sing it out. We didn't stop with the first win, but continued to call more song titles for more winners. When I called "Silent Night," (which was on just about everyone's list), it resulted in seven wins at one time. And it was neat, as all seven started singing out the song -- in different keys, and with different start times. Everyone really seemed to enjoy this game.

For our gift exchange, we have always just numbered each gift, then drew numbers to claim a gift. Wanting something different this year, I cut gift tags in half. As each gift came in, I attached half a tag to the gift, and put the other half in a box. Everyone who brought a gift drew a half tag from the box. Gifts were then passed around. When someone found a gift with the other half of their tag, that was their gift. Everyone seemed to enjoy this, too. We also played a game the chapter said they had played before. Each person received three ordinary playing cards, placed face up on the table in front of them. One member then drew cards from a complete deck, and called them out -- number and suit. As a person's card was called, that card was turned face down. When all three cards had been called, that person had bingo. Since more than one deck of cards was used, it was possible that someone could have two cards of the same number and suit. If that was the case, and that card was called, both cards could be turned over.

One of the members received a fun gift from another member (a very close friend). It was a sandwich bag full of styrofoam packing "peanuts," tied with a fancy bow, and with the following note attached:

You've been bad,
Santa got the scoop.
So all you get
Is snowman poop.

She passed this around and everyone got a laugh from it.

Present Exchange

From: Shelly653

Our chapter also has a present exchange.....9 weeks before christmas we all bring in a \$5.00 item that is wrapped 8 times. Put the "gift givers" name on the inside of the present with a christmas message before you wrap it. (It also works best if the wrappings are numbered) and then ... For the next 8 weeks if you come in with a loss or turtle (or are a KOPS in leeway) you get to take a wrapper off! And at christmas you will have a special gift from a special someone in your chapter!.....and have 8 consecutive losses or 2 months in the blue!!!

Inspirational Contest

From: Shelly653

Well we are just about ready for that "short" stretch before christmas and every year my chapter runs the sameand it ususally works quite well. What everyone does (that wants to participate) is goes to the store and buys a small 5 dollar item....could be an xmas ornament and candle whatever.....you put your name on the inside of the box and then gift wrap it 8 times.....numbering each wrapping as you go.....if you want to you can put an inspirational note on each wrapping! Then what you do is take that beautifully wrapped gift back to your meeting and figure out a way to exchange them....either put them on a table when you come and grab one as you leave or pass is 5 people to your left as long as you do not get your own! Then you take this gift home that you recieved and for the next eight

weeks.....if you have a loss or a turtle you get to take off one wrapping.....so that you will have a present in time for christmas from one of your tops pals!!! KOPS at 4 points get to take a wrapper off each week (will give a refresher course on the kops point system that we use in just a sec).....KOPS at 2 or 3 points must also have a loss or a turtle to take off that wrapper!!! depending when your chapter meets.....count backwards 8 weeks before!! Our chapter will be able to take off our first wrappers on the 26th of October.... some chapters will have to start the week of the 18th.....so get those calendars out and happy unwrapping!!!okour KOPS in our chapter go off of a point system. 4 points (being perfect) means that they are below there goal weight, they weighed in and they stayed for the meeting.....now here is where it gets tricky...

3 points.....they weighed in and were above goal but in leeway and stayed for the meeting OR they weighed in and were below goal but could not stay the meeting then there is a good 2 points and a bad 2 points..... 2 points (the good one) they weighed in and were above goal but in leeway and could not stay for the meeting 2 points ... (the bad one) is that they weighed in and were out of out of leeway and stayed for the meeting and 1 point which you rarely ever see.....is some one who is out of leeway and does not stay for the meeting.....I guess the easier way to break this down is:

2 points for being at or below goal (if they are above goal but in leeway they only get 1 pt) 1 point for weighing in 1 point for staying for the meeting 4 POINTS

Christmas Tree

From: Chelehum

This is a simple, yet fun contest. We painted a Christmas tree on poster board and decorated it with those colored 1 inch circle stickers. Each sticker had a number on it. For six weeks, when a TOPS weighed in with a loss or turtle, or a KOPS weighed in in leeway, they signed their name on a ball. At the last meeting before Christmas, we drew numbers out of a hat and the corresponding numbered balls won a prize. We had about a dozen prizes and winners.

CHRISTMAS AUCTION

From: ulethah@webtv.net

Each member that wishes to participate must bring in two \$5.00 gifts. Do not wrap! The treasury buys two \$5.00 gifts also, but these can be wrapped if you choose. We chose to wrap ours, makes it more fun to bid on something that you have no idea what you are bidding on. The Auction will be on Dec. 13th at our Christmas party. Each week up until a week before auction members earn play money to bid on these items. (Start this around August or September)

\$20.00- WEIGH-IN

\$50.00- STAYING FOR ENTIRE MEETING

\$40.00- WEIGHT LOSS

\$50.00- IF YOU GIVE A PROGRAM

\$30.00- FOR EACH CERTIFICATE YOU HAVE WON OR WILL WIN FOR CONTESTS

\$50.00- FOR MEMBERS WHO HELP ME KEEP TRACK OF ON GOING CONTESTS

\$50.00 FOR EACH GIFT YOU BRING IN (LIMIT 2)

\$30.00- FOR BRINGING IN YOUR GIFT EARLY

\$100.00- FOR BEST LOSER OF THE WEEK

\$100.00- BEST WEEKLY KOPS

\$200.00- BEST MONTHLY LOSER

\$200.00- BEST MONTHLY KOPS

\$100.00- KEEPNG A FOOD CHART EACH WEEK (MUST BRING IN)

\$50.00- FOR 3 DAYS OF EXERCISE (HONOR SYSTEM)

\$25.00- FOR TURTLES

IF YOU HAVE A GAIN YOU MUST GIVE BACK \$50.00 EACH TIME THAT YOU HAVE A GAIN!

Its more fun if you have a really energetic auctioneer! We have done this for 2 years and it gets more fun each time. You can change or add to the way you earn money for the contest.

One more way that we get members to come and to stay for meetings is to let them earn an extra \$300.00 the last day of the contest if they have been at each meeting and stayed for the entire meeting since the contest began.

Hope you enjoy this as much as we do!

Christmas Tree

From: amy.murphy@juno.com

Decorate a tree with apples, for fall. However, this could easily be changed for Christmas. Everyone gets a Christmas Tree (a construction paper poster of a christmas tree , and for every segment of a pound lost, they get an ornament (a sticker or sequins piece). For bringing a food chart/exchange chart, they get a "christmas light (a piece of sequins or sticker- when you have several, connect with marker for wire). You could also add presents, a star on top or whatever for other achievements. For prizes, you could give a mini christmas tree with decorations, free dues for the New Years month, etc.

Falling Leaves

From: CyberGrizz

Make or buy a poster of a bare tree, then decorate it with lots of leaves which can be removed. Each person gets to remove a leaf for each pound they lose (KOPS for being in leeway) until the whole tree has "fallen" along with your weight!

Falling Leaves:

From: debfee@goldcity.net

On a sheet of paper you draw a tree with alot of branches.

RULES:

TOPS:

Each 1/2lb loss you draw a leaf on the tree and write your name on.

Each 1/2lb gain you draw a leaf on the ground and put your name on.

KOPS:

Each 1/2lb loss draw a leaf on tree.

Each 1/2lb gain draw a leaf under tree.

For being at goal or under goal, draw a leaf on tree.

Going out of leeway draw 2 leafs under tree

Total up leafs on tree and the most wins.

Usually run this for 4 weeks, starting 1st week of Sept.

TOPS WINTER CARNIVAL

From: goldthwaite@webtv.net

Props needed; (1) felt "banner" (I used a yard of blue felt - it comes wide - mounted a large white "mountain" (With horizontal pencil lines to idicate quarter pounds lost) a bit right of center and a gray/blue "Skating pond" at bottom left of mountain. Then I added a brown "tip-top house" at top, a scattering of green "fir" trees at sides of mountain and near pond. a few small white "clouds" and a big yellow "sun", This was affixed to a long dowel for hanging. (2). As many "figures" as are needed for contestants and "Coaches" (I made these from pipe cleaners in different colors from craft shop, but paer ones would do) and we used common pins to attach them to mountain and pond.

PLAYERS: Skiers - TOPS and over-goal KOPS; Skaters - KOPS at or below goal; Coaches: Non contestants chosen by Skiers (no more than one per skier)-----

Entry fees: one diollar for skiers and skaters, coaches free.

-Rules: SKIERS move down mountain one mark for each quarter pound lost (if a gain, stay put until NEW weight is lost);

SKATERS (KOPS at or below goal), just skate; if over goal, move to mountain and ski until back to goal, then back to pond; COACHES, help their skiers by encouragement, help with menu planning, checking food diaries, calls and notes, etc. Length of contest: as determined by Chapter or until a skier reaches bottom of mountain.

Prizes: Divide entry money into eighths; give skier winner 3 eighths; runner-up 2 eighths; each of these winners' coaches 1 eighth; and have a drawing among skaters still on the pond for remaining funds.

Snowman

From: CyberGrizz

We made snowmen out of styrofoam balls and various little items to dress him.

Your team has to lose 5 pounds to get the bottom (biggest) ball, 3 pounds for the middle ball and 2 pounds for the head. Then your team has to lose 2 pounds to get a hat, and 1 pound for each additional item. We had eyes, nose, a

mouth, three buttons and two arms. It all added up to a total team loss of 20 pounds. I had to keep track of the fractions of a pound from week to week (we had to have lost a full pound to earn an item) but it wasn't that difficult to keep track of and we had a lot of fun watching our snowmen grow as we shrunk!

Winter Blues

From: dandjmcleod@telus.net

Points earned:

Losing Weight (1 pt for every 1/2 lb; members lost 1 pt for every 1/2 pound gained) (KOPS got 1 point for being below goal; 1/2 point for being in leeway - lost a point for being out of leeway) exercise (1 pt for every 15 minutes) Staying for the Meeting: 1 pt

Everyone who wished to participate brought in a \$3.00 prize, wrapped in blue. At the end of the contest, the member with the most points got first choice of blue prizes; etc.

Judith in BC (TOPS #BC 3733, Abbotsford)

Ski/Skating

From: goldthwaite@webtv.net

I used a large blue felt "banner" and mounted a large white felt "mountain" on it, and off at the base a gray "Skating pond" The "mountain had a brown "tip-top house", lanes across to indicate pounds lost, and green "fir trees" down the sides. Over the top of all, there was a big yellow "sun". I made figures about three inches tall from different colors of pipe cleaners, with pins to mount them on the contest "Banner" So far as I can remember. the fee to enter was a dollar, TOPS contestants started at the top of the mountain; KOPS were "skaters", and were all on the skating pond. and stayed there as long as they were in leeway; if they gained out of leeway, they moved to the mountain at the appropriate level for the loss needed to get back in leeway. Members who did not want to join the weight loss contest, were allowed to "coach" a member who did, and their figures were stationed at the bottom of the "mountain", They paid the same fees as contestants, and were expected to encourage their individual contestants in any way they could. TOPS entrance fees were used as TOPS prizes, and divided among winners. "Coaches" fees were divided among coaches of winners. For KOPS, the entry fees were used as prizes for a "drawing" for winners. The contest involved both TOPS and KOPS, and allowed non-contestants to be a part of it as "coaches".

Mary, TOPS #FL 22, Lake Worth