Quick 'n Easy Contest  

Pay for the Pounds  
(Submitted by Jeannine Blackwell, TOPS Tennessee Area Captain)

Contest begins (date) _______________ and ends (date) __________________
Winner will be announced (date) ___________________ and will win all the money.

This contest is for all TOPS members who have not yet reached their goal weight. Decide upon a time frame in which to run this contest. Use the table on page 2 to keep a tally of all TOPS members’ gains, losses, absences, or turtles. Write all participating members’ names on the table. After a member weighs in, do not write their weight on the table. Instead, write whether they have gained, lost, were absent, or turtled (remained at the same weight), using a “G”, “L”, “A”, or “T”, respectively. Whoever has the most Ls in a row at the end of the contest period wins.

Example: Suppose you have a member with “L, L, G, T, G, L, L, T, L.” The most consecutive losses can be counted as 4, which is the “L, L, L, T, L.” You do not penalize for a turtle (stay the same). After a gain (G), or excused or unexcused absence (A), the member must start over. The winner is the one with the most consecutive losses.

How to pay for the pounds

At the member’s first weigh-in, they pay a “penny a pound.” For example, if a member weighs 165 pounds, they pay $1.65. Have a piggy bank or jar and place one person in charge of handling the money.

In the following weeks, if a member gains, it will cost them a nickel a pound for the first pound, or part thereof, (0.2, 0.4, 0.6, 0.8, 1.0) and a nickel a pound over one pound.

Example: if a member gains 0.4, they pay 5 cents; if they gain 0.8, they pay 5 cents; if they gain 1.6, they pay 5 cents; if they gain 2.4, they pay 10 cents; if they gain 3.8 they pay 15 cents.

If a member loses or turtles, they pay nothing. A turtle is not a loss, but will not count as a gain and members will not be penalized.

Example: if a person has three consecutive losses, a turtle, and two more consecutive loses, you may count five consecutive losses in six weeks.

The winner will be the one with the most consecutive losses. If there is a tie, the money will be split.
<table>
<thead>
<tr>
<th>Member Name</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
</table>

Gain = G    Loss = L    Absent = A    Turtle = T