This simple but lighthearted contest will encourage chapter members to keep up their weight-loss efforts. To start, have each participant write his or her name on a piece of paper and tape it to a big rubber ball.

Each week when roll call is taken, anyone who has lost or kept the same weight stays “on the ball.” Those who have gained weight, or KOPS* who have gone into upper leeway, will have their names removed from the ball. Your chapter may also decide if there are other ways of staying on the ball, such as perfect attendance.

The contest continues until only one member who is definitely “on the ball” remains.

* A KOPS (Keep Off Pounds Sensibly) member is a TOPS member who has reached and maintained goal weight. To remain in leeway, KOPS must stay within a range of 3 pounds over goal and 7 pounds under goal.