**Luck of The Draw**

You need:

A deck of cards, marker pen, a can, hat or basket to put the cards in, a board with member names and boxes to print the letters in along side.

Take a deck of cards and write on the back of each card. Some say T (for Take) some say O (for OFF) some say P (for POUNDS) and some say S (for SENSIBLY).

Each week all the cards are put into the receptacle chosen and shuffled, by shaking or whatever way you choose. Then if a member has a loss or a turtle (TOPS and KOPS) they get to draw a card from the can or basket!

The letter they draw is written in the box next to their name. There is one card that says draw 2 so you draw 2 cards in one week if you get that card!

This contest runs until the first TOPS or KOPS spells out TOPS with their drawn cards. It could take just 4 weeks or quite a bit longer, since a member may draw a "T" for instance, 3 weeks in a row.

The first TOPS or KOPS to spell out TOPS wins a prize! It is possible that more than one member will spell out TOPS in the same week, so before starting the contest, you would have to decide whether to award multiple prizes or pick a way to break a tie. IE: best loser, attendance, food chart or something like that.