

The Chocolate Diet Skit

by Marie Warner TOPS WI 1282 Milw

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7 people needed for this skit. For the skit you need something to act as a scale and a barrier for the actors to stand by after they are done. Everyone stayed backstage till they were called. We did this for the '99 fall rally in Milw WI

Wt recorder ~ Hi Delores ! How do you think you did this week?

Delores~ < props used various candy bags > ~very excited talker~ A friend told me about this wonderful " chocolate diet" All you eat is chocolate . You start with a candy bar for breakfast, chocolate covered peanuts for snacks, peanut butter cups for lunch and more chocolate candy bars for dinner . I must have lost a lot of weight, right?

Wt recorder~ Well you gained 2#s

Delores ~ It must have been the peanuts in the chocolate covered peanuts. That's not candy.

Wt recorder ~ You'll do better next week. Ok Mavis its your turn

Mavis ~ <props uses a Bonnie from the beanie baby people, empty carton of eggs>
~Excited voice~ Well , I started this new "egg diet" this week-peep- oh, excuse me. I eat-peep-opps , as many eggs a day as I like-peep-oh, there I go again. How much weight did I lose?

Wt recorder ~ you stayed the same Mavis

Mavis ~ in thoughtful voice~ Must have been the salt and pepper. I -peep-bet I wasn't supposed to use salt and pepper. Peep !

Wt recorder ~ I dont think that was it Mavis but you will do better next week. Marie ! its good to see you! We missed you last week wernt you feeling good??

Marie ~ < no props used could carry a grapefruit> Well , to tell the truth , I thought that I had a gain so I didn't come. But I know that this week I lost lots of wt because I started the "grapefruit diet " That's all I eat is grapefruit. I can have as many as I want. I'm getting a little tired of them, so I started putting them in the juicer, but I'll hang in there because I know I lost a lot of wt this week.

Wt recorder ~ Sorry Marie you gained 3# s.

Marie~ I don't know how that happened! Unless its because of the sugar. You know those things are awful sour without a lot of sugar

Wt recorder ~ Humm the sugar could be. Well, I hope you have a better week. Debbie you don't look so good What's wrong???

Debbie ~ < props used empty wine bottle> ~ looks anxious ~ comes on stage with legs crossed (cant believe I did this in front of all those people and volunteered for it lol)
Hurry up and weigh me- I have to run to the bathroom again. I'm on this new liquid diet. I can drink all the liquids I want. (goes up to the scale like you really have to go to the bathroom bad)

How did I do?

Wt recorder ~ you gained 3#s

Debbie ~ I wonder if the salt on those Marguaritas was the problem I didn't chew the salt. Oh well got to run. (runs off stage as if heading to bathroom then joins others)

Wt recorder~ Cheryl , you look like you had a good week. What is that big grin about?

Cheryl~ < props a stuffed taco bell dog) ~ I'm so excited I bet I lost about 5# s this week, I've been on this wonderful "fast food diet." Yesterday I had breakfast at McDonalds, lunch at Arby's and dinner at Taco Bell. Isn't that little dog cute- and so slim too. this morning I had breakfast at Burger King, and then lunch at Kentucky Fried Chicken Of course I never have dinner before the meeting but after the meeting is over Im going to Pizza Hut.

Wt recorder ~ Cheryl you gained 2#s

Cheryl ~ you know I bet it was that diet soda ! I heard that diet soda isnt good for you Please note for this skit use a KOPS or some member who has lost a lot I have put in what our chapter member said for you to use as a guideline.

Wt recorder~ Linda your looking good. Did you have a good week?

Linda ~ I had a great week I followed my usual diet by counting calories and watching my fat gram. Im still walking every day, and using my stair master too. My husband has started to take me out dancing like he used to , and my knees don't hurt anymore. I feel great !!

wt recorder ~ You look great, too and you are still in leeway. You have been a member for 6 yrs now isn't that right ?

Linda~ Yes and I have been a KOPS for 4 yrs

Wt Recorder ~ And you still come to meetings every week. you are such an inspiration to us all.

Linda ~ Well thank you I come so I can stay on track. And all of my friends in the chapter sure help.

Wt recorder~ how much wt did you lose?

Linda ~ 72 1/2#s

Wt recorder ~ Wow that's wonderful

Linda ~ Well , you know what I always say. If I can do it (points to audience) you can do it!

Wt recorder ~ Ok lets go the meeting is about to start.

the end