

List of Things in a New Member Packet

L-003 Membership Application

My Day One

TOPS Rules

Chapter Bylaws

TOPS Tracker/Achievement Log

TOPS Terms (Page 10 of Chapter Manual)

Chapter Officers contact information

Chapter Calendar

Food Exchange Groups (M-066)

Exchange Record & Food Diary

Weekly Goal Calendar

TOPS News

Success Story(ies) of successful chapter members

Nametag

Pen

Notepad

Chapter Newsletter

Member Birthdays & TOPS Anniversary Dates