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January 4, 2011

Dear Chapter Leaders and Members,

Yes, it is that time of year again!!! The time when I am scheduling my annual visit to your chapter. This year's program is all about "Super Foods"...what they are, their health benefits, how many servings we need per day and how to incorporate them into our daily meal plan.

My 2011 visitation schedule is attached. Please review the schedule as soon as you receive it and let me know as soon as possible if the date I have scheduled to visit your chapter will not work. I will make every effort to switch you date to one more convenient for you.

To assist you as you and your members incorporate Super foods into your meal planning, TOPS has developed the "Daily Do It". How many times have we all said, "This time, I'm going to do it!" In order to successfully create change, it is essential to become aware of and accountable for our daily choices. The "Daily Do it" will help you do just that. This booklet allows you to track what you eat - including food exchanges and calories - how often you exercise, as well as how you are progressing throughout your journey for 13 weeks (one quarter of a year). Watching and recording your food intake will help you see how you are progressing toward your goal. You will go from talking about doing it to actually doing it.

The "Daily Do It" booklets are only available by orders placed through your TOPS Area Captain. The cost for each booklet is \$2.50 and I will deliver your pre-ordered booklets when I visit your chapter.

Please complete and mail the attached "Daily Do It" order form to me **before February 11, 2011.**

I'm looking forward to seeing you soon!!!

Jeanie Druebert  
TOPS Area Captain

### 2011 Visitation Schedule

CA2410, Lake View Terrace	Monday, March 14, 2011
CA2231, West Hills	Monday, March 21, 2011
CA1604, Reseda	Tuesday, March 29, 2011
CA1226, Sherman Oaks	Monday, April 4, 2011
CA1852 Granada Hills	Thursday, April 14, 2011
CA1063, La Crescenta	Monday, April 18, 2011
CA0845, Woodland Hills	Thursday, April 28, 2011
CA0515, Santa Clarita	Monday, May 23, 2011
CA0077, Sunland	Thursday, May 26, 2011
CA0009, Burbank	Monday, June 6, 2011
CA0809, San Fernando	Thursday, June 9, 2011
CA2410, Arcadia	Wednesday, June 15, 2011
CA1844, Los Angeles	Tuesday, June 21, 2011
CA1117, Arcadia	Wednesday, June 29, 2011
CA0932, Los Angeles	Tuesday, July 19, 2011
CA0168, Northridge	Monday, July 25, 2011

**Return This Portion With Your Chapter Check**

TOPS #CA \_\_\_\_\_, \_\_\_\_\_

Enclosed is our Chapter Check # \_\_\_\_\_ in the amount of \$ \_\_\_\_\_

to Purchase \_\_\_\_\_ "TOPS Daily Do It" booklets for the following members:

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Please attach another sheet of paper is necessary for additional names