

TOPS Area Captain

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Dear TOPS Chapters

January 1, 2011 was the first day of a brand new decade. That is reason enough to do a little remodeling of our Fun Day format.

Some time ago, each Chapter Leader received a packet from Headquarters. Contained in that packet was our President, Barb Cady's letter that announced our "Road to Success" theme. In that letter, she gave an example for making a "contest" out of creating our own "Road to Success".

For this Funday, I would like for each person to decide on someplace they want to "go" by the end of the year.....you may or may not actually "go" there, but at the Funshop, we are going to work together on setting the goals you will need to attain in order to continue to go forward on your road to success.....we will even make "visuals" for each of us to take home to track our progress.

The Funshop will be held on Saturday January 29, 2011 in the Log Cabin at Verdugo Recreation Park at 3201 W Verdugo Avenue, Burbank CA from 11:00 AM until 4:00 PM. I understand that this is a very short notice, but I certainly hope you are able to fit it into your schedules. We will recognize the accomplishments of July 1, - December 31, 2010.

January weather can be a bit unpredictable for outdoor cooking and play activities. So, I have planned for us to be inside for this event. Everyone should bring their own sack lunch and beverage. I will have ice and cups available for those (like me) that prefer their drinks cold.

Please be sure to send your registration forms in time to reach me before January 26, 2011. This will give me time to prepare the award certificates before the event.

The registration fee for the Funshop is \$1.00 per member. This is to help defray the printing costs of the certificates. We will also have a 50/50 drawing to help pay the room rental.

Each of the categories listed on the worksheet will have a point value (see the enclosed Point Schedule). I will calculate the points earned by the members and chapters when I receive the worksheets. You do not have to calculate them. I'm only providing you with the schedule so you will know what's at stake.

Please review the attached forms, as the recognition categories have been changed a bit. I know these they are rather formidable looking, but most of the categories can be completed using your weekly weight results. The idea is to recognize as many members and chapters for as many achievements as possible and to encourage all of us to participate in more community events, etc. to raise the public's awareness of TOPS. Please feel free to contact me by phone or email if you have any questions about completing them. Remember that I work during the day, and don't get home until around 6:30 PM.

A copy of this letter and the registration forms will be posted on my page on whywelovetops.com
TOPS Love,
Jeanie Druebert

Point Schedule

Member Points

Funshop Attendance

Every member who registers to attend the Funshop will earn 1 point

Weight Loss

Members earn 1 point for .25 – 5 pounds lost, 2 points for 5.25 to 10 pounds lost and 3 points for 10.25 or more pounds lost

Walking

Members earn 1 point for any walking miles up to 39, 2 points for over 39, up to 78 miles and 3 points for over 78 miles

Exercise

Members earn 1 point for any exercise minutes up to 780, 2 points for 781 to 1300 minutes, 3 points for over 1300 minutes

Chapter Programs

Members earn 1 point for presenting any program other than one of the published TOPS Chapter Programs, 2 points if it was the member's very first time, ever to present a program to the chapter (if it isn't a TOPS Chapter Program), 3 points if the member uses one of the published TOPS Chapter Programs and 4 points if it was the member's very first time, ever to present a program to the chapter – and – they used a published TOPS Chapter Program

Reinstated KOPS

Members earn 1 point for regaining KOPS status if it was lost during the last 6 months, 2 points if it had been lost for more than 6 months, but less than 1 year and 3 points if status was lost more than 1 year before it was regained

TOPS Consecutive Loss

Members earn 1 point for 1 – 4 consecutive weeks' losses, 2 points for 5 – 8 consecutive weeks' losses and 3 points for 9 – 13 consecutive weeks' losses

KOPS At or Below Goal

Members earn 1 point for 1 – 4 consecutive weeks at or below goal, 2 points for 5 – 8 consecutive weeks at or below goal and 3 points for 9 – 13 weeks at or below goal

TOPS Perfect Attendance

TOPS members earn 3 points for attending every meeting of the period of recognition

KOPS Perfect Attendance

KOPS members earn 5 points for attending every meeting of the period of recognition

Chapter Contest Winners

Members earn 1 point for being one of the winners of a chapter contest

Food Charts

Members earn 1 point for turning in food charts for 1 – 30 days, 2 points for 31 – 60 days and 3 points for 61 – 90 days

“The Choice is Mine” Exchange

Members will earn 1 point for following the exchange (exactly) for their caloric needs for 1 – 30 days, 2 points for 31 – 60 days and 3 points for 61 – 90 days

Chapter Points

No-Gain Meetings

Chapters will earn 1 point for the first No-Gain Meeting of the month and 2 points for each additional No-Gain meeting in the same month

Contests

Chapters will earn 1 point for each contest that began in the period of recognition, and 1 point that ended in the period of recognition

Community Event (other than a charity walk) Participation

Chapters will earn 5 points for participating in any community event (parades, health fairs, etc.) and 10 points if the members wore TOPS T-shirts, caps, or any other attire that would readily identify them as TOPS members. To earn the 10 points, a photo of the participating members must accompany the worksheet.

Charity Walk Participation

Chapters will earn 5 points for participating in a charity walk and 10 points for participating in any charity walk if the members wore TOPS T-shirts, caps or any other attire that would readily identify them as TOPS members. To earn the 10 points, a photo of the participating members must accompany the worksheet.

Publicity

Chapters earn 1 point for having a listing in the “Weekly Meetings” of their local newspaper, 2 points for a newspaper (or other publication available to the public) article about their chapter and 3 points for a published article that includes photos. Copies of the listing or article must accompany the worksheet. All publication material must include the name and date of publication (cut from the actual paper and attached to the submission). You only need to send one copy of weekly notices.

TOPS New Subscriptions

Chapters will receive 10 points for each request for a subscription of TOPS News for a physician’s office. I would need a copy of your request to Karen and the date you sent it to her.

Advertising

Chapters will receive 5 points for every brochure rack or poster posted in public place. If you already have a brochure rack posted, you may earn points for refilling it during the period of recognition.

KOPS Numerals

Chapters will receive 5 points for presenting a KOPS member with her numeral pin or pendant.

Average Weight Loss

Each chapter that has an average weight loss for the quarter will earn 10 points.