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February 5, 2011



2011 AREA CAPTAINS PROGRAM

SUPER FOODS

This year's program is about Super Foods how to incorporate them into our daily food plans and explore why they are beneficial to our health and wellbeing.

To assist you as you incorporate Super Foods in your meal planning, TOPS has developed The Daily Do It!

This booklet allow you to list what you eat- it includes food exchanges and a calorie counter along with an exercise log that helps you track progress for 13 weeks.

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 "Daily Do It" order form to me before **March 1st 2011.**

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

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.

2011 Visitation Schedule



CA 0428 Santa Ana	March 8, 2011
CA 0551 Orange	March 9, 2011
CA 0249 Orange	March 14, 2011
CA 1132 La Habra	March 16, 2011
CA 0075 La Habra	March 24, 2011
CA 0178 Costa Mesa	April 6, 2011
CA 0353 Huntington Beach	April 14, 2011
CA 1817 Huntington Beach	April 20, 2011
CA 1261 Fountain Valley	April 21, 2011
CA 2015 Santa Ana	April 28, 2011
CA 0592 Huntington Beach	May 6, 2011
CA 1109 Laguna Woods	May 18, 2011
CA 1187 Midway City	May 20, 2011
CA 2344 Irvine	May 21, 2011
CA 1687 Cypress	May 27, 2011
CA 2092 Lake Forest	June 3, 2011
CA 1376 Mission Viejo	June 8, 2011
CA 1540 Capistrano Beach	June 13, 2011
CA 0856 San Clemente	June 22, 2011
CA 0579 Dana Point	June 29, 2011

Cut along line & Return the bottom portion With a 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