

4 TOPS

stayed for a meeting	Invite & complete an activity with another member	contacted a tops friend	lost 1 pound	exercise every day
complimented a tops friend	share healthy recipe with tops members	lost .25	ate 3 fruits	lost .75 pounds
set a goal and reach it this week	walked around during a commercial	CHOOSE TO LOOSE (free)	ate 5 veggies	drank 4 glasses of water a day
drank 8 glasses of water a day	lost 2 pounds	exercise at least 3 days	did a tops program	food diary 4 days
did a 3 day food diary	bring a guest to a meeting	lost .50 pounds	weighed in	complimented yourself

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walked around during a commercial	ate 3 fruits	lost 1 pound	complimented a tops friend	lost .25
contacted a tops friend	weighed in	exercise every day	bring a guest to a meeting	lost .75 pounds
drank 8 glasses of water a day	ate 5 veggies	CHOOSE TO LOOSE (free)	drank 4 glasses of water a day	Invite & complete an activity with another member
did a tops program	lost .50 pounds	stayed for a meeting	complimented yourself	lost 2 pounds
exercise at least 3 days	food diary 4 days	set a goal and reach it this week	share healthy recipe with tops members	did a 3 day food diary

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bring a guest to a meeting	lost .50 pounds	ate 3 fruits	food diary 4 days	ate 5 veggies
stayed for a meeting	drank 8 glasses of water a day	exercise at least 3 days	share healthy recipe with tops members	exercise every day
set a goal and reach it this week	complimented yourself	CHOOSE TO LOOSE (free)	lost 2 pounds	did a tops program
walked around during a commercial	lost .75 pounds	lost 1 pound	weighed in	contacted a tops friend
drank 4 glasses of water a day	Invite & complete an activity with another member	lost .25	complimented a tops friend	did a 3 day food diary