

# **GOLD STAR CHAPTER AWARD**

## **ACTIVITIES**

Chapter must complete 15 of the 20 activities to qualify  
*Report due March 8, 2011*

1. Chapter audit and by laws sent to coordinator
2. Chapter has 1 program a month about the exchange system and 1 program a month from TOPS provided programs (list dates and subject discussed)
3. Chapter has representation at Fall Rally and SRD (list who went to what activities)
4. Chapter has representation at all workshops or fun shops in your area (list names and dates)
5. Chapter has an average weight loss per member (resume will show this)
6. Chapter has an ongoing award program and uses TOPS award items (give short description of program)
7. Chapter has a listing in community calendar (show newspaper clippings)
8. Chapter news appears in newspaper (show newspaper clippings)
9. Chapter holds at least 1 open house (include invitation or program)
10. Chapter participates in a health fair (list when and where)
11. Chapter resume to coordinator before January 8<sup>th</sup>
12. Chapter maintenance fee in before November 1<sup>st</sup>
13. Chapter sends news to Area Captain for a newsletter (list items and dates)
14. TOPS or chapter T-shirt day (when and pictures)
15. Community event as a chapter (what and when)
16. Place posters about chapter meetings
17. Chapter has an increase in membership from May 2010 to February 2011
18. Chapter has an ongoing exercise program (give brief details)
19. Field Staff Evaluation sent into Judy Hamilton
20. Your chapter has a challenge with another TOPS Chapter (give chapter names and when challenge started and when it ended)