



**“No Matter How You Do It, Just
Move It! Move It! Move It!”**

Fall Rally

Summer Contest Recognition Day

WHERE: CRANBERRY TOWNSHIP/MARS

LOCATION: 4 POINTS SHERATON HOTEL

WHEN: SATURDAY: SEPTEMBER 11TH, 2010

REGISTRATION: 8:00-8:45 A.M

BREAKFAST: 9 A.M.

PRICE: \$24.00

DEADLINE: SEPTEMBER 1, 2010

Yes, it is THAT TIME of year again. A time when we can get together, share our experiences, and just have fun on the local level. We will be honoring winners in many categories.

If your chapter would like to put on a skit for us, please submit a detailed script, song choices, and attire along with registration to me.

We will do the basket raffle again this year. Your chapter will receive back 50% of what your basket brings in. I would like to emphasize that you do not need to bring a basket. However, many chapters use this as a fundraiser. (Chapters bring items to put in the basket, and money goes back into the treasury). The more your basket brings in, the more money goes back to the chapter.

Get some fundraisers going in your chapter to help those attending. Money from the treasury may be used to help pay expenses of members attending. Friends and family are welcome, but they must pay their own registration. *CHAPTER TREASURY MAY ONLY PAY FOR TOPS MEMBERS TO ATTEND.*

Attached are the Awards Categories, Requirements and Registration forms.

SEE YOU AT THE RALLY!!!

LILLIAN

Summer Achievement Awards List

Chapter # Pa _____, _____
Leader _____

All awards will be for the months of JUNE, JULY, and AUGUST of this year. All weights will be figured from the last weigh-in of May to the last weigh-in of August.



Mail this form to: Lillian Brueilly, PO Box 127, Mansfield Pa 16933

Please note: Any Member listed on this award list must be a paid in full current member. Anyone with an expired membership will not be eligible. Contact us if you have any questions concerning membership status.

Chapter Angel: We will be honoring one person from each chapter as their Chapter Angel. Please vote for a person whom is attending Rally. Put these votes in a sealed envelope **UNFOLDED** and mail them with registration please. We will count the votes.

Themed Basket Raffle; We *will* have a basket _____ We will *not* have a basket _____

Perfect Attendance Requirements are as follows;

1. Must have been a member of TOPS for the FULL three months to be eligible
2. Two (2) excused absents will be allowed
3. Must stay for chapter meeting each week that you weigh in during the contest
4. Must be registered to attend Fall Rally to receive this award.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

10 Pound Losers

Must have lost a minimum of 10 pounds, and must be registered to attend Fall Rally to receive award. List the 10 pound losers and how much they lost for the 3 month period. You do not have to be a member for the full three months to receive this award.

_____	lost _____ lb.	_____	lost _____ lb.
_____	lost _____ lb.	_____	lost _____ lb.
_____	lost _____ lb.	_____	lost _____ lb.
_____	lost _____ lb.	_____	lost _____ lb.
_____	lost _____ lb.	_____	lost _____ lb.

Please add more names for any category on the back and check here

Member with no gains for the three month period

Must have had at least 8 weigh-ins during the three month period and registered to attend Rally.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

KOPS at or below goal for the three month period Must have weighed in at least 6 weeks during the three month period, and be registered to attend Rally to receive this award.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please add more names for any category on the back and check here

Chapters with all officers registered to attend rally will be recognized This includes, Leader, Co- Leader, Secretary, Treasurer, Weight Recorder and Assistant Weight Recorder
Our Chapter has all officers' registered _____ Does not have all officers registered _____

Chapter with the most members in attendance will be recognized. # _____

Chapter with the best average weight loss for the three month period will be recognized:

A member from the chapter must be present to receive this award. This award will be figured as follows: Total pounds lost for 3 months minus total pounds gained for the 3 months, divided by the number of members who weighed in at least twice during the 3 month period. (KOPS are not included in this figure)

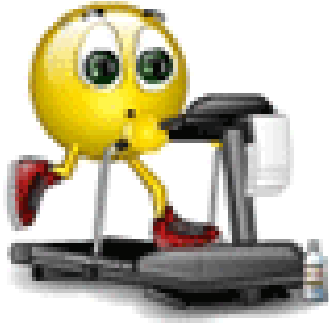
3 month losses	_____
3 month gains	_____
Net Loss/Gain	_____

Number of members who weighed in at least 2 times during the 3 month period _____

Average loss per/person _____

Chapter # PA. had no gain meetings during the 3 month period of this contest. A no gain meeting is a meeting when NO ONE GAINED at a particular weigh-in.(KOPS gains do not count for a no gain meeting). A member must be present at Rally to receive this award.

Please add more names for any category on the back and check here



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Fall Rally 2010 Themed Basket Ideas

We are asking that your basket have a theme.
Here is a list for suggestions.....or come up with your own.

WEIGH TO GOAL	Diet scale/ lite cookbooks/measuring cups
CAR CARE	Wax/washer fluid/sponges
GOD BLESS AMERICA	Everything red/white/blue
MOVIE MANIA	Popcorn bowl/popcorn/DVD's
LEISURE TIME	Crosswords/word search/paperbacks
CHRISTMAS	All Christmas things
STATIONARY BASKET	Paper/pens/envelopes/stamps
PAMPER YOURSELF	Bath beads/loofah/body lotion
TEA TIME	Tea pot/mugs/spoons/flavored teas
PASTA ANYONE	Pasta pot/bowl/cookbook
TEE TIME	Anything golf related
MEMORIES	Photo album/scrapbook supplies/disposable camera
HIT THE BEACH	Beach towel/sunscreen/book
KITCHEN BASKET	utensils/cookbook/dishware
FLOWER POWER	Anything with flowers on it
SOUPS'S ON	Soup tureen/bowls/spoons/soup starters
WRAP IT UP	Gift wrapping supplies
KEEP IN TOUCH	Greeting cards/stamps/address book
IRISH BASKET	Anything green
STEELER BASKET	All things black and gold
BIRDHOUSE BASKET	Birdhouse/feed/hummingbird feeder
MANICURE BASKET	Polish/remover/emery boards
CANDLE BASKET	Candles/lighters/potpourri
FRUIT BASKET	Apples, oranges etc., etc., etc.
EXERCISE GADGETS	Bands, Jump rope, weights, CD's



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WHERE: PITTSBURGH SOUTH/AIRPORT

LOCATION: 4 POINTS SHERATON HOTEL

WHEN: SATURDAY: SEPTEMBER 18TH, 2010

REGISTRATION: 8:00-8:45 A.M

BREAKFAST: 9 A.M.

PRICE: \$24.00

DEADLINE: SEPTEMBER 3, 2010

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WHERE: PITTSBURGH /PENN HILLS

LOCATION: COMFORT INN (DOWNSTAIRS)

WHEN: SATURDAY: SEPTEMBER 25TH, 2010

REGISTRATION: 8:00-8:45 A.M

BREAKFAST: 9 A.M.

PRICE: \$24.00

DEADLINE: SEPTEMBER 8, 2010

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