



# Fall Rally



## “The **A****B****C**’s Of Weight Loss” Summer Contest Recognition Day

**A** is for **ACHIEVEMENT AWARDS**. It’s time to put the **A****B****C**’s of weight loss to work for you during those long lazy hazy days of summer. A little friendly competition is always good. We look forward to this event each year as it gives us a chance to meet new and old TOPS and KOPS members and share their experiences. A healthy breakfast will be served and our basket raffle will take on a new look this time. If your chapter wants to do a basket, dig deep into those imaginations and put together a basket that has to do with the **A****B****C**’s of weight loss. I have included some ideas on a separate page. Get some fundraisers going in your chapters. Help your members attend to receive their much deserved awards. 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. It is also a great way to get new members. Invite a friend that is teetering about joining. Once they see how much fun we have, they are sure to join us. Chapter treasury may only pay for TOPS members to attend. Attached are the Awards Categories, Requirements and Registration Forms. **A**wards, **B**e the one to win the **C**ompetition in your Chapter.

- Where:** Comfort Inn  
699 Rodi Road, Penn Hills Pa
- Location:** Grande Ballroom (downstairs)
- When:** Saturday, October 01, 2011
- Registration:** 8:00-8:45 A.M.
- Breakfast:** 9:00 A.M.
- Price:** \$24.00
- Deadline:** September 14, 2011



Only Rally Hostesses will be permitted to enter the banquet room before 8 AM.



# “The **ABC**’s Of Weight Loss”

## Summer Contest Recognition Day

### Themed Basket Ideas

We are asking that your basket have a theme. Here is a list for suggestions.....or come up with your own.(copy enclosed of themes we have done in the past, if you prefer to use any of them.) Chapter will receive half of the money which basket brings in.

- A- Things you need to take Action**
- B- Breakfast is the most important meal of the day ideas.**
- C- Calories 100 calories snack packs**
- D- Diet**
- E- Exercise- videos/books. Gadgets**
- F- Fiber- books/ good food sources**
- G- Goal setting-books/ paper/pens etc**
- H- Healthy snacks**
- I- Inspiration-videos/books/plaques**
- J- Journaling- book/pens/etc**
- K- KOPS**
- L- Low Fat-recipes/books/snacks etc**
- M- Measure-scale, spoons, cups etc.**
- N- Nutrition-Books/ aides**
- O- Obstacles-Things to help you overcome**
- P- Protein- High protein foods/books**
- Q- Quit-Never quit**
- R- Rely on TOPS friends-TOPS merchandise**
- S- Sodium/Low sodium ideas/books/recipes**
- T- TOPS**
- U- yoU/ all about you**
- V- Victory is sweet!**
- W- Whole grain/ ideas/books/snacks etc**
- X- eXcuses things to help us overcome them**
- Y- Yoga/videos/books etc**
- Z- Zip in your step/exercise**

I am sure you guys can think of some better ideas to go with a letter or mix up the letters and let us know why you chose it. Another idea is have each member pick a letter and add something to the basket that they thought of that represented their particular letter or letters. Get those imaginations going. Build motivation to lose weight in a basket.

# 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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**Where:** UPC Living & Learning Center  
Johnstown PA.

**When:** Saturday, October 08, 2011

**Registration:** 8:00-8:45 A.M.

**Breakfast:** 9:00 A.M.

**Price:** \$24.00

**Deadline:** September 20, 2011

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**Where:** Four Points Sheraton Mars  
910 Sheraton Drive

Mars Pa 16046

**When:** Saturday, September 17<sup>th</sup>, 2011

**Registration:** 8:00-8:45 A.M.

**Breakfast:** 9:00 A.M.

**Price:** \$24.00

**Deadline:** September 5, 2011

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**Where:** Lighthouse Restaurant  
Chambersburg, PA

**When:** Saturday, September 24, 2011

**Registration:** 8:00-8:45 A.M.

**Breakfast:** 9:00 A.M.

**Price:** \$24.00

**Deadline:** September 10, 2011

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- Registration:** 8:00-8:45 A.M.
- Breakfast:** 9:00 A.M.
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- Deadline:** September 14, 2011



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