



HAND & HAND

TOGETHER WE CAN

## **KOPS:**

1. ASK a TOPS Pal to join you in the HAND & HAND GAME
2. Write their name on One (1) finger of your hand on the poster board
3. KOPS need to encourage their TOPS pal during the week via note, e-mail, text or call with encouragement and help them with weight loss ideas.
4. When your TOPS pal has lost or turtles two times in a row that finger is complete. (see Rule C)
5. Time to ask another TOPS Pal to play. Then repeat above steps

**Once all your fingers are complete let Beth, Kathy, Leslie or Brenda know**

## ***ADDITIONAL RULES TO FOLLOW:***

- A. You must have a different TOPS Pal on each finger
- B. If there aren't any new TOPS Pal available the week you need one to participate, you wait until the next week to ask someone
- C. If your TOPS Pal loses the first week then misses the **next week...** that next week you can still count their loss or turtle as their second loss (remember they did maintain their weight 😊)
- D. If your TOPS Pal is unable to attend for an extended time you can select another TOPS Pal for that finger.

(If you need help with any of the above let Beth, Leslie or Kathy help you)

***KOPS Pal winner will receive 11 50/50 tickets***

***TOPS Pal (s) will receive one month paid dues***