

Reach Out and Touch TOPS Hearts

Contest from TOPS NEWS 2/99 to encourage participation in all aspects of TOPS as a SUPPORT Organization. By Judith Boucher

Prizes: stationary and flowers

SCORE CARD FOR "REACH OUT"

NAME _____

		1st week	2nd week	3rd week	4th week	Totals
1 point	Phone a TOPS friend at least once a week					
2 points	Write a TOPS friend at least once a week					
1 point	Each time you walk with a TOPS friend					
3 points	Sit with a different TOPS friend during meeting					
3 points	Group Support: Enjoy TOPS friends; stay for <u>entire</u> meeting					
1 point	For each pound lost (NET) during contest (record weekly loss/gain and figure points at end of contest) KOPS - each week at or below goal or for each pound lost	- +	- +	- +	- +	
5 points	One-time BONUS: Have (sensible) lunch with a TOPS friend					
Totals						