

Show Your Love Contest

Fill a large heart with 25 small hearts.

A member can earn up to 5 hearts per week by doing the following:

- * Stay for meeting - 1 heart**
- * Contact a TOPS pal - 1 heart**
- * Complete a food chart - 1 heart**
- * Exercise at least 30 minutes 3 times per week - 1 heart**
- * TOPS - weight loss - 1 heart**
- * KOPS - at or below goal - 1 heart**

The first member to fill in all their hearts wins.