

# **Turn Over A New Leaf II: Special**

**Everyone who wants to participate will contribute one dollar to a money tree.**

**The chapter will match the amount of money contributed by the individual members.**

**The contest begins September 10 and end when the first member turns over all 6 leaves.**

**Each member has a tree with 6 leaves. On the green side write one poor eating habit and on the colored side write a healthy one to replace it.**

**You may turn over a leaf if you**

- 1. Attend the meeting**
- 2. Exercise 3 X 30 minutes**
- 3. Keep a written menu**
- 4. Contact a TOPS pal**
- 5. Practice replacing one of your poor habits with a better one.**
- 6. Have a loss for TOPS/Be in leeway for KOPS.**

**If you have a gain, you must turn the leaf back over.**

**The first one to have all her leaves turned to the colored side will win the money tree. In case of a tie, the money will be divided evenly with all winners.**

**You can make the leaves by copying leaves on green construction paper (12 to a page), gluing that page to a sheet of colored paper (6 different colors, red, yellow, gold, etc.) and cutting them out.**

**Some examples of bad/good habits:**

**Not enough exercise - walk 3 times/week**

**too little water - drink 64 oz daily**

**too many desserts - eat 2 desserts weekly**

**Don't plan menu - plan weekly menus**

**Need encouragement - Contact TOPS pal**

**Poor breakfast - Eat good breakfast**

**Too few veggies - Eat 4 veggies daily**

**Everyone struggles with different things, so all problems aren't alike - however if your chapter decides they all want to work on the same things the leaves can be made identical.**

**Cut out your bare trees on brown construction paper, you can stick the leaves on the trees with plasti-tak (poster tack)**

**The trees really look nice when you start turning over leaves.**