

## Weekly Visual Incentive

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For a weekly visual incentive to lose, I made a headline "Our TOPS Milestones" and individual colorful signs in increments of 10 lbs. up to 50 lbs. & will make more as needed. As a member loses 10 lbs., they autograph the appropriate sign. Pics are on our Facebook page TOPS IN 570. Anxious to see how many signatures we will accumulate this term. Just thought I'd share the idea.