

Program -Back to Basic with Terri Ord

[Back to Basics](#) (6 minute video)

Set up Back to Basic video-

Discussion: Terri mentions six steps to start us on our way to the basics. Let's remember our tools that TOPS teaches us to use:

Tools of Success

1. Be Patient- does not happen overnight- where are you in your journey?
2. Be Accountable- write it down- document our journey- what do you use as a journal?
3. Be Motivated – listening to members at chapter- virtual or in-house -
4. Be dedicated – do the things you can to participate – when you have a bad day- shake it off
5. Be Flexible – adjust- like these times we are going through- what are you doing?
6. Be Active – Move and Groove – you do not need a membership to move- what are you doing now to stay active?

What is your purpose in TOPS? (Discussion)

REMEMBER BACK TO BASICS:

- ◆ MEASURE
- ◆ JOURNAL
- ◆ SCHEDULE EXERCISE

Program Hand out- Diary Food Tracker/My Plate Template

NOTES:
