

## **Eggs in a Basket**

Members work to earn eggs. Eggs are placed in a chapter basket. At the end of the contest, members with the most eggs in the basket win prizes. Each week a qualifying achievement is drawn from a container, members who meet the qualifying standard for the week earn one or more eggs. The qualifiers are put back into the container after being drawn. Qualifiers or achievement examples include: losing Weight and keeping a record of it in a TOPS Pound Bankbook, keeping a food chart, writing or calling a TOPS pal, exercising (one egg for 2-4 days, two eggs for 5-7 days), giving up a food that triggers bad eating habits, bringing an article about weight-loss or low calorie/low fat foods to chapter, drinking eight 8-oz. glasses of water each day during the week., reading the current issue of TOPS News, using the "Choice is Mine" or another sensible diet plan that is appropriate for you.