

# Rededication Ceremony

This being the first TOPS meeting of the New Year, I hereby resolve to rededicate myself to carrying out the principles of Taking Off Pounds Sensibly.

I resolve to take an honest look at my current weight and the amount I need to lose in order to reach my doctor-prescribed goal weight.

I resolve to forgive and forget my past mistakes, and to re-focus on the future attainment of my goal.

I resolve to remember that as much as I need and appreciate the help and support of others around me, I alone am responsible for my weight. I believe in myself and the power I have to attain my goal.

I resolve to be realistic in my attempt to lose weight. I will not try to lose it too fast. I will work for a loss each week and be satisfied even though it is a small one.

I resolve to continue on (or choose) a specific weight-loss plan\*, instead of having no plan or strategy for reaching my goal.

I resolve to make a personal strategy for my weight-loss plan\*, which could include and is not limited to:

- ❖ Tracking calories and/or fat grams carefully
- ❖ Some form of daily exercise
- ❖ Drinking an equivalent to 6-8 glasses of water daily
- ❖ Keep daily food, water and exercise diaries

I resolve to write out my personal strategy and give a copy to my leader. (Form is available)

I resolve to attend all TOPS meeting and functions as this is where I get support, encouragement, learn new ideas and gain the strength I need to keep on my plan each day.

I resolve to participate in TOPS meetings, contests and other activities as much as I can, since my input is important and will be a help to other members.

I resolve to help other members as best I can outside of meetings, by contacting them from time-to-time by phone or mail to offer support and encouragement.

I resolve to tell others about TOPS, and invite people who would benefit from TOPS to visit us.

This rededication symbolizes my commitment to make a new and fresh start from this day forward.

Signed \_\_\_\_\_ Date \_\_\_\_\_

\* With approval of your physician