

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.