



TOPS® Recognition and Awards

TAKE OFF POUNDS SENSIBLY

CHAPTER

A key element that sets TOPS apart is our recognition. Celebrating our members success is important whether they are losing weight or are maintaining their goals as KOPS (Keep Off Pounds Sensibly).

- Recognition starts at weekly chapter meetings with applause and support as each member reports their progress for the week.
- Chapter members choose motivating, inspiring incentives and build a chapter award program to encourage weight loss, exercise, and other steps to healthier living. Contests and prizes add fun to the journey.
- Short—and long—term awards are offered (weekly, monthly, and quarterly “best losers”). Annual awards honor efforts through the year.
- Both individual and chapter efforts encourage lifestyle changes. Members are encouraged to set individual targets for success. Chapters work together to increase aggregate weight loss and physical activity.
- KOPS members who maintain their ideal weights earn awards and recognition for maintenance which is key to long term success.
- TOPS makes available for purchase a variety of award items for use at the chapter level.

AREA, STATE OR PROVINCE

Annually, chapter winners compete with other chapters for recognition in their State or Province.

- The same categories used at chapter level are used to determine these winners.
- KOPS members who maintain their ideal weights receive special awards for consecutive years of maintenance as well as honor for all years accumulated at goal weight.
- A special medallion is presented for maintaining for one year a 100, 200, 300, or more pound loss.
- TOPS provides awards for all of these winners.

INTERNATIONAL

The Area, State and Provincial winners compete for international honors with all other chapters throughout the organization. They are honored at annual International Recognition Days and featured in *TOPS News*.

- The same categories used at chapter level are used to determine these winners.
- TOPS provides financial assistance to help winners attend this special event to receive their honors.
- TOPS provides all awards for all of these winners free of charge.