Introduction
In the new year, our chapters will be preparing to welcome both prospective and returning members to TOPS. We all look forward to new beginnings and find hope in them. The excitement that comes with a fresh start is something we want to keep week after week. It sounds easy, but even those with the best intentions stray off course and find it difficult to get back on the path to success. What can we do at TOPS to keep the momentum going or reignite the fire to provide an environment that supports success? How can we make a great impression on visitors and guests if we’ve had a less-than-favorable weigh-in? Here are a couple of simple tips to fire up our chapter.

Generate Ideas With Sharing at Roll Call
During roll call, encourage members to share what helped them most throughout the week. Maybe they changed something small that made a big difference or maybe they need something to help them stay on track. Honesty is the key to progress. Give each member time to share, keeping the focus on the mission of TOPS: to take off and keep off pounds sensibly. Be sure to share non-scale victories also. Not all success is measured by the scale.

Neutralize a Negative Weight Report
A less than favorable report can be discouraging and is a bit awkward when prospective members or guests visit. However, members and visitors alike will be inspired if, during those awkward moments, we take a few minutes to reflect on the success of the chapter and its participating members.

Materials
- a positive attitude and an open heart
- paper and writing utensil for each member

Preparation
This program is best used when a new member comes or whenever your chapter needs to reenergize and gain perspective on the success of the chapter and its participating members.

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- Play up past successes of Division Winners or Royalty.
- Call out individual KOPS to share how much they lost to goal and how long they have maintained it.
- Invite members to share their weight-loss success or non-scale victories to date.
- Finally, if you know how much weight your chapter has lost for the year, share that!

Remembering and sharing success is a great exercise, and one we should practice frequently whether our weight is up or down. Sharing and reliving our success can reignite the fire within us, and our visitors will only remember our stories of improved health and success.
Celebrate Sans Scale!

Off the rack!

• Noticing clothing fits better
• Wearing smaller sizes
• Shopping anywhere I want

• __________________________

On the mend!

• Taking fewer medications (with my doctor’s OK)
• Hurting less from aches and pains
• Losing enough to be a candidate for surgery
• Maintaining stable blood sugar levels

• __________________________

Feeling fit!

• Walking farther
• Moving longer
• Having more energy
• Feeling more comfortable in my skin
• Enjoying things I couldn’t do before

• __________________________

Feeling social!

• Making friends at chapter
• Gaining confidence
• Getting out and about more

• __________________________

Sitting pretty!

• Fitting in the seats in an airplane or movie theater or on an amusement park ride
• Meeting weight requirements for an activity I want to do

• __________________________