Take Care of Your TOPSMobile

Presenter Guidelines:

1. TOPS members are on The Road to Success together as they journey toward a healthy lifestyle and sensible practices.

2. Materials Needed—have the following TOPS Tools available to help illustrate some of your points:
   - My Personal Journal
   - TOPS Tracker Achievement Log
   - The Choice Is Mine Workbook
   - My Day One (2009 revised version)

3. The fourth page of this Chapter Program is a worksheet to help keep members on track. Make enough copies for all participants and distribute them where indicated at the end of the program. Consider doing a follow-up chapter meeting, after a specific period of time, to see if everyone is conducting proper maintenance on their TOPSmobile.

4. After greeting the members, begin.

Have you ever been in a hurry to get somewhere and had your automobile break down? What an annoying problem that can be—not only is it costly and time-consuming, but depending on where or how you are stranded, sometimes it can be downright dangerous!

Regular, consistent, and thorough maintenance is important and necessary to keep your automobile in road-worthy condition. When problems arise that are beyond our control, this discipline helps to lessen their negative impact on our progress.

Since we are all on The Road to Success together, let’s each think of our body as our “TOPSmobile.”

Sometimes, your TOPSmobile motivation breaks down, and it may seem that you just can’t get it repaired in order to reach your ultimate destination: GOAL! Just as with an automobile, a TOPSmobile breakdown can be annoying, frustrating and dangerous to your health, especially if you are a long way from your destination.

Let’s look over our TOPSmobile and see how we can get it to run smoothly and efficiently for the future.
When you purchase or lease an automobile, you receive an Owner’s Manual. This book is a vital reminder of how things work or when to conduct regular maintenance. What is the TOPS equivalent of an Owner’s Manual?

*(hold up The Choice Is Mine to demonstrate the correct response)*

*The Choice Is Mine, as well as The Choice is Mine Workbook, provides the guidance we need to take good care of our bodies…our TOPSmobiles.*

Before your start your vehicle on its journey, you need to know how you will reach your destination. What is the TOPS version of a road map?

*(hold up My Day One to demonstrate the correct response)*

*My Day One is the first tool we receive when joining TOPS—and the updated version has been shared with us in TOPS News (December 2009/January 2010 issue) and on the TOPS website at www.tops.org (Member/Leader/Staff Area). It functions as our road map for the journey. We must understand how to approach our destination before we move forward toward.*

To keep an automobile functioning at optimal levels, it is critical to check regularly on various maintenance aspects. The same holds true with our TOPSmobile.

**DAILY**  
On a daily basis, the most important check we can perform is to make certain there is enough fuel to keep our vehicle moving. How do we, as TOPS members, perform a fuel-level check on our TOPSmobile?

*(allow 2-3 minutes for discussion, then hold up a copy of My Personal Journal and the TOPS Tracker Achievement Log)*

One of the most important daily maintenance items for us to perform is journaling…our nutrition, physical activity and any other behaviors that might influence or be influenced by our efforts to Take Off and/or Keep Off Pounds Sensibly. Scientific research has proven beyond a doubt that journaling doubles our chance of success in weight-management. So, why should we risk not knowing how our TOPSmobile is progressing?

**WEEKLY**  
What is the very important weekly maintenance check that helps us to stay focused on The Road to Success?

*(allow 2-3 minutes of discussion and responses)*

Our weekly chapter meeting is one of the most important means by which we maintain our TOPSmobile. We check our odometer and speedometer by weighing in and sharing our progress with each other. We add more fuel to our tank by actively participating in the chapter program and learning at least one new thing as a result.

**MONTHLY**  
On a monthly basis, it is recommended to pay attention to our automobile’s oil level, hoses, belts, tire pressure, coolant/antifreeze, air filter, and inspect tires for leaks, damage, bulges or uneven wear. What maintenance issues should we revisit monthly to assure our TOPSmobile is still running smoothly?

*(allow 2-3 minutes of discussion and responses—some possible responses might be turtling, whether our physical activity is enough or too much/too little, if we’re both cutting and burning calories, etc.)*

**EVERY 3 MONTHS**  
Every three months, we usually perform routine maintenance efforts on our automobiles like changing the oil and filter, adding fluids that might be running low, and cleaning corrosion from battery terminals. What are some of the maintenance functions we should perform to our TOPSmobile to keep it in healthy condition?

*(allow 2-3 minutes of discussion and responses—some possible responses might be taking our measurements, reviewing our journals for areas of consistent trouble/triumph, reviewing our various TOPS tools for inspiration, etc.)*

**EVERY 6 MONTHS**  
Our automobiles need to be checked every six months for other possible repair issues to make sure it is functioning properly—this includes wiper blades, horn, lights, spare tire, exhaust system, and shock absorbers. We want to be particularly alert to signs of wear before they turn into problems. What are some of the seemingly small, but significant, aspects of our TOPSmobile that should be inspected to avoid pitfalls?
(allow 2-3 minutes of discussion and responses—some possible responses might be reevaluating goal weight, recommitment to exercise, etc.)

EVERY YEAR
Each new year brings the beginning of a new cycle of maintenance for our TOPSmobile. Many of the same periodic checks will continue to take place as we have already discussed. In what ways can we assure annually that we are paying proper attention to the care and upkeep of our TOPSmobile?

(encourage brief discussion—possible responses include renewal of TOPS membership, awareness of New Year’s resolutions and progress, rereading The Choice Is Mine, My Day One or other TOPS tools, revisiting level of calories consumed and burned in a day, etc.)

Closing the Meeting
Now let’s each focus on our own TOPSmobiles. I am passing out worksheets to guide us in our individual maintenance schedules. Use it to keep yourself focused on The Road to Success.

Follow-up
• You might want to enhance your program by making cut-outs of cars or obtaining stickers showing cars of any type. Distribute one to each member at program’s end, asking “Are you taking care of your TOPSmobile?” or saying, “Remember to keep your TOPSmobile polished and that engine purring!”

• Have members discuss other ways in which they can keep their TOPSmobiles or TOPS life running smoothly. What would they do differently if they focused on the chapter as the TOPSmobile?

• Plan that a future chapter meeting will be the time you come together to discuss how the members’ maintenance efforts are progressing. Share a specific date to make certain this happens.

Items to Encourage Proper TOPSmobile Care:
Add more fun to your program! Consider using some or all of the following items to illustrate your points during this chapter program—or as incentives and awards for participation. They are all available through the TOPS Store at www.tops.org. You may also order them using the L-015 Award Order form and L-017 KOPS Awards and Chapter Tools Order form.

- C-123 Love Mobile charm
- P-048 On the Road with TOPS pinette
- M-020 My Day One
- M-058 TOPS Journal
- M-059 The Choice Is Mine Workbook
- M-060 The Choice Is Mine
- M-070 TOPS Tracker Achievement Log
# TOPSMobile Maintenance Checklist

Everyone's automobile is different, but they require many of the same basic maintenance efforts. Use this worksheet to remind you of the regularly-scheduled maintenance of your TOPSmobile. Personalize this list for yourself and use it as a guide to help you reach your destination of goal weight or, for KOPS, stay within leeway.

**DAILY:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

**WEEKLY:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

**MONTHLY:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

**EVERY 3 MONTHS:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

**EVERY 6 MONTHS:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

**ONE-YEAR POINT:**
1. _________________________________________________________________________________________
2. _________________________________________________________________________________________
3. _________________________________________________________________________________________

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**How am I taking care of my TOPSmobile?**

The information presented through this program is educational and should not substitute for the advice of a physician or other qualified health provider. The information is also general in nature and may not suit an individual's particular health situation. You should not rely on any information in this program in place of a visit, call, consultation or the advice of a physician or other qualified health care provider.

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