Maybe it was luck that brought you to TOPS, or maybe you just feel lucky being here! In either case, here’s a fun way to increase your chances of reaching the weight-loss goal you set at the beginning of the year.

Each shamrock shows the three principles of TOPS: eat better, move more and show support. Every week for 4–6 weeks, complete an activity from each of the three categories to earn a shamrock. Whoever has collected the most shamrocks by the end of the contest is the winner!

See the suggested activities from each category below:

**Eat Better**
- Make a meatless recipe
- Enjoy a piece of fruit 3x this week
- Have vegetables as a snack 2x this week

**Move More**
- Go on a walk with a TOPS friend
- Exercise 3x this week
- Wear a pedometer and increase your steps from last week

**Show Support**
- Sit with a new member at the meeting
- Call, text or email to encourage a TOPS pal
- Get together with a TOPS friend

**Bonus:** Earn an extra shamrock either by meeting with a new TOPS member outside of chapter or by having a loss.