Spring is the time for new beginnings, and this contest challenges us to step up to a fresh start together with our TOPS family. Over the next six weeks, we’ll climb toward new goals and shed old pounds! When we complete each challenge, we’ll take a step toward a healthier lifestyle. Each week for six weeks, earn steps by completing the activities below. Steps will be tallied at each meeting. At the end of the six weeks, the member whose total is closest to 80 steps is the winner!

**TOPS:**
- Start a food journal—1 step up, 2 steps up for each full week you complete it
- Get moving (walking, chair exercises, etc.) for 15 minutes per day for a full week—2 steps up
- Participate in an activity other than walking, e.g., yoga, swimming, biking—2 steps up
- Lose weight this week—3 steps up
- Gain weight this week—2 steps down

**KOPS***:
- Start a food journal—1 step up, 2 steps up for each full week you complete it
- Get in a workout 3x this week—2 steps up
- Participate in an activity other than walking, e.g., yoga, swimming, biking—2 steps up
- Remain in leeway this week—3 steps up
- Move out of leeway this week—2 steps down

**ALL:**
- Call, text or write a TOPS friend this week—1 step up
- Set and share with your chapter a healthy goal to achieve by the end of the six weeks—3 steps up if completed

**BONUS CHALLENGE:**
- Make a list of your healthy food substitutions for the full six weeks. E.g., “I chose apple slices over potato chips” or “I drank water with lemon slices instead of soda.”—5 substitutions is 4 steps up. You may earn up to 16 bonus steps.

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* A KOPS (Keep Off Pounds Sensibly) member is a TOPS member who has reached and maintained goal weight. To remain in leeway, KOPS must stay within a range of 3 pounds over goal and 7 pounds under goal.