



TAKE OFF POUNDS SENSIBLY

All Aboard TOPS!

(Submitted by Bobbie Morgan, TOPS #UT 0347, Hurricane)

Preparation:

Print out copies of the "All Aboard! Ride the TOPS Express!" punch cards – one for each member of your TOPS chapter.



Rules:

When a TOPS member has six losses – whether it takes them six weeks or six months – they earn the Locomotive charm (C-55).

Members may use a hole-punch on the card for each loss or place a sticker on the number.

<p>ALL ABOARD TOPS!</p>  <p>1 2 3 4 5 6</p>	<p>ALL ABOARD TOPS!</p>  <p>1 2 3 4 5 6</p>
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