

**KOPS WEIGHT CHART (Form L-027K)**  
 (If transferring, KOPS takes original chart to new chapter.)

FOR COORDINATOR'S USE



**Record all entries with a fine point black or red felt pen.**

Highest weight recorded at TOPS Club, Inc. \_\_\_\_\_ State/Prov. \_\_\_\_\_ Year \_\_\_\_\_

TOPS MEMBERSHIP # \_\_\_\_\_

Original starting date \_\_\_\_\_ Goal weight \_\_\_\_\_ Leeway weights: from \_\_\_\_\_ to \_\_\_\_\_  
 (7 lbs. under) (3 lbs. over)

Did membership lapse during the current year? Yes  No

Sex:  Female  Male Have you ever had surgery for weight loss:  Yes  No

December of preceding year if member was KOPS	

**Original KOPS date**

Last date KOPS status lost \_\_\_\_\_ Last reinstated date \_\_\_\_\_  
 If pregnant this year: maximum weight \_\_\_\_\_  
 Birth date of baby \_\_\_\_\_  
 Member is in: Division 6  Division 8   
 If so, birth date \_\_\_\_\_  
 Height \_\_\_\_\_ Pounds allowed per inch of growth \_\_\_\_\_

**Goal Changes Current Year Only**

Date Presented	Goal Change	Leeway 7 lbs. under 3 lbs. over

**Mark in red ONLY those weights which are over or under leeway.**

JANUARY		APRIL		JULY		OCTOBER	
Date	Weight	Date	Weight	Date	Weight	Date	Weight
FEBRUARY		MAY		AUGUST		NOVEMBER	
MARCH		JUNE		SEPTEMBER		DECEMBER	

PLEASE PRINT

Name of member \_\_\_\_\_ Mailing address \_\_\_\_\_

City \_\_\_\_\_ State or Prov. \_\_\_\_\_ ZIP or Postal code \_\_\_\_\_

Chapter: TOPS # \_\_\_\_\_ (state) \_\_\_\_\_ (number) \_\_\_\_\_ (city) \_\_\_\_\_ Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Coordinator \_\_\_\_\_ FSID # \_\_\_\_\_

**TRANSFERRED TO:**  
 Chapter: TOPS # \_\_\_\_\_ (state) \_\_\_\_\_ (number) \_\_\_\_\_ (city) \_\_\_\_\_ Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Date of transfer \_\_\_\_\_ Coordinator \_\_\_\_\_ FSID # \_\_\_\_\_

So that others may be inspired to Take Off Pounds Sensibly, I grant TOPS Club, Inc. permission, at its own discretion, to use my pictures, before and after weight, and success story, for any and all purposes including but not limited to publication in TOPS' magazine, TOPS' website, brochures, or other publicity efforts.

Signature of member \_\_\_\_\_