CHAPTER PROGRAM INDEX

TOPS provides hundreds of chapter programs, tip sheets and TOPS 10 lists to Leaders and Designates in the Leaders Corner on www.tops.org. It's all free and reviewed by experts. Any member can find and download an ever-changing selection of programs, chapter activities, contests, ceremonies and forms for use at chapter. Just sign in and look for them in the Forms and Documents section of the Members Area. The programs listed here are current as of the date printed in the lower left corner of the page. Programs are added, updated and discontinued on an ongoing basis.

BEING THE BEST

Programs to prompt great discussion, welcome newcomers, revitalize members, foster friendship and provide powerful support to all!

QO-005  How to Use Award Items
QO-009  Tell Us About YOU
QO-015  Why Should I?
QO-017  Discussion Group Topics
QO-019  8 Ways to Welcome New Members
QO-020  Welcome Circle

ORDER ANY PROGRAM LISTED HERE FOR JUST $1 PER COPY.

Every program here is free on www.tops.org, but if you prefer a hard copy, we’re happy to send you the color original (if available) or black-and-white photocopies for $1 per copy (not per page, so a 5-page program is just $1). Request by mail only using order form C-INDEX-A Chapter Program Order. (Sorry, not available for purchase online.)

A WHOLE YEAR OF MEETINGS... READY TO GO!

Did you know that TOPS has a New Leader Outline with 52 weeks of program ideas, contests and activities—plus important reminders for your chapter? Download it now in the Leaders Corner of www.tops.org. It’s free and easy to use.

FUNDRAISER

QF-001  The 50/50 Jar
QF-002  The Marble

Many hands make light work!

Encourage and invite members to be involved. Ask them to check out the 12 seasonal programs available under Forms and Documents in the Members Area of www.tops.org. All of our contests and chapter activities also are available there for any member to use and present at chapter!
<table>
<thead>
<tr>
<th>MOTIVATION</th>
<th>NUTRITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH-53 Enthusiasm</td>
<td>CH-59 Bountiful Fruits and Vegetables</td>
</tr>
<tr>
<td>CH-57 Choosing to Change</td>
<td>CH-63 Eating Well on a Budget</td>
</tr>
<tr>
<td>CH-58 Weight Loss - All In Your Head</td>
<td>CH-70 Say-It-Isn't-So Buffet</td>
</tr>
<tr>
<td>CH-61 The Divine Ms. S.</td>
<td>CH-74 Shake the Salt</td>
</tr>
<tr>
<td>CH-66 Inspiration</td>
<td>CH-76 Back to Basics with Real Foods</td>
</tr>
<tr>
<td>CH-67 Seven Saboteurs</td>
<td>CH-84 Meat - When Less Is More</td>
</tr>
<tr>
<td>CH-72 Emotional Freedom</td>
<td>CH-90 Mobile Munchies</td>
</tr>
<tr>
<td>CH-77 Signs Along the Road to Success</td>
<td>QN-001 A Closer Look at the Nutrition Facts Label</td>
</tr>
<tr>
<td>CH-78 Rewrite Your Story</td>
<td>QN-002 Bone Up on Calcium</td>
</tr>
<tr>
<td>CH-79 Resistance to Change</td>
<td>QN-003 How Sweet It Is</td>
</tr>
<tr>
<td>CH-80 Take Care of Your TOPS Mobile</td>
<td>QN-006 If You Bite It, Write It</td>
</tr>
<tr>
<td>CH-85 Life Is a Journey, Not a Destination</td>
<td>QN-007 Nutrition Myths Debunked</td>
</tr>
<tr>
<td>CH-89 Are We There Yet?</td>
<td>QN-008 One Sweet Day - Demonstration of Sugar Content</td>
</tr>
<tr>
<td>QM-001 Focus on the Good</td>
<td>QN-010 Smart Snacking</td>
</tr>
<tr>
<td>QM-002 KOPS* - Secrets of My Success</td>
<td>QN-011 Sugar Cube Demonstration</td>
</tr>
<tr>
<td>QM-003 Mission Statements</td>
<td>QN-012 We Are Easy</td>
</tr>
<tr>
<td>QM-004 Motivation - Part 1</td>
<td>QN-015 Learning About Legumes</td>
</tr>
<tr>
<td>QM-005 Motivation - Part 2</td>
<td>QN-016 Milk Your Weight Loss</td>
</tr>
<tr>
<td>QM-006 Seven Wicks for Seven Days</td>
<td>QN-017 No-Calorie Salad Dressing</td>
</tr>
<tr>
<td>QM-007 Are You Engaged?</td>
<td>QN-018 The DASH Eating Plan</td>
</tr>
<tr>
<td>QM-008 Looking Back to Move Forward</td>
<td>QN-019 Making Holiday Eating Healthier</td>
</tr>
<tr>
<td>QM-009 Keep Off Pounds Sensibly*</td>
<td>QN-020 Organic Eating Know How</td>
</tr>
<tr>
<td>QM-010 What's Your Vision?</td>
<td>QN-021 Fun Family Eating</td>
</tr>
<tr>
<td>QM-011 Power of Journaling</td>
<td>QN-022 Looking at Labels Logically</td>
</tr>
<tr>
<td>QM-012 Feel Lighter by Airing It Out</td>
<td>QN-023 Vegetarian Eating</td>
</tr>
<tr>
<td></td>
<td>QN-025 The Mantra of Food Safety</td>
</tr>
</tbody>
</table>
NUTRITION (continued)

QN-026  Uncommonly Good Foods to Eat
QN-027  Revamping Recipes
QN-028  Delightful Desserts
QN-029  Using MyPlate
QN-030  Welcome to the TOPS Picnic
QN-031  Think Outside the Bread Slice
QN-032  Faring Well at Summer Fairs
QN-033  The Fruit and Veggie Contest
QN-035  Finding the Fat in Foods
QN-036  Don't Be Tricked by Treats
QN-037  Grocery Cart Smarts
QN-038  Tips for Sensible Dining Out
QN-039  The Sugar Content of Food

NUTRITION - EXCHANGE SYSTEM

QN-004  Food Exchange Scramble
QN-005  Identifying One Food Exchange
QN-009  Plan Breakfast Using the Exchange System
QN-013  The Starch Exchange Group
QN-034  Counting Food Exchanges Made Easy

Trouble with the website?

Email tops.admin@tops.org for help with activating your account, forgotten user name or password, locked accounts and other login issues.

Looking for an "oldie but goody" and don't see it?

TOPS experts regularly review chapter programs to make sure they are up to date. If a program is not listed here, it's no longer the best, most current info we can provide you.

PHYSICAL ACTIVITY

CH-55  Stay Flexible
CH-64  Cut and Burn
CH-68  The Rewards of Physical Activity (with exercises)
CH-73  Starting Circuit Training
CH-75  Functional Fitness
CH-83  Physical Activity
QP-001  Becoming More Active with STEPS
QP-002  Exercise Gadgets and Gizmos
QP-003  Exercise Myths and Misconceptions
QP-004  Out with the Old, In with the New
QP-005  Problem Solving Physical Activity
QP-006  Setting a SMART Physical Activity Goal
QP-007  The Rewards of Physical Activity (short version of CH-68)
QP-008  Stretch Band Exercises
QP-009  Exergaming - Electronic Fitness
QP-010  Physical Activity Bingo
QP-011  Think Fast and Have a Ball
QP-012  Create Your Own Scavenger Hunt
QP-013  Chair Dancing
STRESS MANAGEMENT

CH-62 Managing Your Time and Your Life
QS-001 Don't Worry - Be Happy
QS-002 Getting Your Life Back - Setting Boundaries
QS-003 Intro to Stress Management (Part 1)
QS-004 Just Breathe (Part 2)
QS-005 Check Your Emotions and Count Your Blessings (Part 3)
QS-006 Assertiveness Training - Setting Boundaries and Time Mgmt (Part 4)
QS-007 Take Care and Slow Down (Part 5)

Looking for reliable, easy-to-understand medical info?

Don't search the Internet aimlessly looking for information on medical conditions, health supplements, home safety and prescriptions...

Every member has access to free printable info sheets written and reviewed by doctors and specialists in the Krames Health Library. It covers thousands of diseases and conditions, diagnoses and treatments, surgeries and procedures, and wellness and safety topics for people of all ages and walks of life. There's also info on thousands of prescriptions, over-the-counter drugs and supplements. It's available in both English and Spanish in the Members Area of www.tops.org.

You'll also find good medical information on obesity, diabetes, and more in Chapters 8-10 of *Real Life: The Hands-on Pounds-off Guide*.

Have a great idea for a chapter program, ceremony or contest?

Submit it to TOPS News!

Email share@tops.org or mail your submission to TOPS Headquarters, ATTN TOPS News, PO Box 070360, Milwaukee WI 53207. Many of the programs here were inspired by member submissions.

WELLNESS

CH-51 Seven Dimensions of Wellness
CH-60 Aging Well at Any Age
CH-69 Mindful Eating Series
CH-86 Lowering Blood Pressure Naturally
CH-87 Assertiveness Training 101 and 102
CH-88 Assertiveness Training 103
QO-001 Clearing Your Clutter
QO-002 Combatting Procrastination
QO-003 Excuses
QO-004 Getting Over It and Moving On
QO-007 Problem Solving
QO-008 Quotes - What They Mean to You
QO-010 The Thin-ker
QO-011 TOPS Survival Kit
QO-012 Using the TOPS Pledge
QO-013 Ways to Influence a Positive Day
QO-014 Weight and Lifestyle Discussion
QO-016 House Cleaning
QO-018 Using the KOPS Pledge
## CHAPTER PROGRAM ORDER

Use this sheet to order hard copies of chapter programs described on the Chapter Program Index.

**PLEASE NOTE:** Every program here is available free on www.tops.org, but if you prefer a hard copy, we’re happy to send you a color original (if available) or black-and-white photocopies for $1 per copy (not per page, so a 5-page program is just $1). Write the quantity of each program you are ordering next to the form number.

### BEING THE BEST
- QO-005
- QO-009
- QO-015
- QO-017
- QO-019
- QO-020

### BODY IMAGE
- CH-81
- CH-82
- QB-001
- QB-002
- QB-003
- QB-004
- QB-005

### FUNDRAISER
- QF-001
- QF-002

### EXCHANGE SYSTEM
- QN-004
- QN-005
- QN-009
- QN-013
- QN-034

### STRESS MANAGEMENT
- CH-62
- QS-001
- QS-002
- QS-003
- QS-004
- QS-005
- QS-006
- QS-007

### TOTAL COLUMN 1

### NUTRITION
- CH-59
- CH-63
- CH-70
- CH-74
- CH-76
- CH-84
- CH-90
- QN-001
- QN-002
- QN-003
- QN-006
- QN-007
- QN-008
- QN-010
- QN-011
- QN-012
- QN-016
- QN-017
- QN-018
- QN-019
- QN-020
- QN-021
- QN-022
- QN-023
- QN-024
- QN-025
- QN-026
- QN-027
- QN-028
- QN-029
- QN-030
- QN-031
- QN-032
- QN-033
- QN-035
- QN-036
- QN-037
- QN-038
- QN-039

### TOTAL COLUMN 2

### MOTIVATION
- CH-53
- CH-57
- CH-58
- CH-61
- CH-66
- CH-67
- CH-72
- CH-77
- CH-78
- CH-79
- CH-80
- CH-85
- CH-89
- QM-001
- QM-002
- QM-003
- QM-004
- QM-005
- QM-006
- QM-007
- QM-008
- QM-009
- QM-100
- QM-101
- QM-102
- QM-13

### TOTAL COLUMN 3

### PHYSICAL ACTIVITY
- CH-55
- CH-64
- CH-68
- CH-73
- CH-75
- CH-83
- QP-001
- QP-002
- QP-003
- QP-004
- QP-005
- QP-006
- QP-007
- QP-008
- QP-009
- QP-100
- QP-101
- QP-102
- QP-103
- QP-104

### TOTAL COLUMN 4

### WELLNESS
- CH-51
- CH-69
- CH-69
- CH-84
- CH-88
- QO-001
- QO-002
- QO-003
- QO-004
- QO-005
- QO-006
- QO-007
- QO-008
- QO-010
- QO-011
- QO-012
- QO-013
- QO-014
- QO-016
- QO-018

### TOTAL COLUMN 5

**Charges**

**Shipping/Handling and sales tax** included

**TOTAL AMOUNT ENCLOSED**

- While supplies last
- Entire order must be shipped to one address.
- Allow 2 to 3 weeks for delivery.
- Orders may be paid in USD or CAD.
- Payment to TOPS Club, Inc. by check or money order.
- Do not send cash.

Member Name: ________________________________
TOPS Member #: ____________________________
Address/PO Box: ____________________________
City: __________________ State/Province: _______ ZIP/Postal Code: ______

Mail to: TOPS Club Inc.
ATTN: Chapter Programs
PO Box 070360
Milwaukee WI 53207

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