

1 2 3 4 5

6 7 8 9 10

Great job on the first 10 pounds! Keep it up!

11 12 13 14 15

16 17 18 19 20

21 22 23 24 25

Sticking to it

TOPS: Earn a sticker for each pound lost from your first weight recorded this year to your last.

KOPS: Earn a sticker for every two weeks you maintain your KOPS status.

Incentives

Earn incentives through your chapter, or make up your own to stay motivated throughout the year.

KOPS
ALL
YEAR