

## 1. LOSE, LOSE, LOSE

*Tune: Skip To My Lou*

Stick to your diet lose some weight  
Getting thinner is your fate  
Count your calories, don't debate  
Keep on with your diet

Lose, lose, lose those pounds  
Smile, smile, spread it around  
Glow, glow, glow with pride  
There's a thin you deep inside

## 2. YOU'LL BE PETITE-ER

*Tune: You Are My Sunshine*

You'll be petite-er  
And look much neater  
If you select your food with care  
Don't be a cheater, an overeater  
The scales will tattle if you dare

TOPS friends will cheer you  
They're always near you  
To help you exercise control  
So why not try it  
Stay on a diet  
And you surely will reach your goal

## 3. YOU BELONG TO TOPS

*Tune: Button Up Your Overcoat*

Now that fall is in the air,  
show the world you care  
Take good care of yourself,  
you belong to TOPS

Be careful what you eat oh-oh  
Cut out sweets oh-oh  
Don't you cheat oh-oh  
You'll tip the scale in the wrong  
direction

Count your calories every day  
"KOPS" will be your pay  
Take good care of yourself  
You belong to TOPS

Be sure to exercise-oh-oh  
Let's be wise-oh-oh  
Watch those guys-oh-oh  
They'll cast an eye in your direction

Reach your goal and you'll be thin  
Now's the time to win  
Take good care of yourself,  
You belong to TOPS

## 4. THE HAPPY SONG

*Tune: Hail, Hail The Gang's All Here*

Here, here, we all came here.  
Cause we want to lose weight.  
We want to look and feel great.  
Here, here, we all came here.  
'Cause we want to lose weight now.

Lose, lose, we all can lose.  
By counting all that we eat.  
Making sure we don't cheat.  
Lose, lose, we all can lose.  
By staying on our diets now.

TOPS, TOPS, let's cheer for TOPS.  
Soon we will be thinner  
And maybe be a winner  
TOPS, TOPS, let's cheer for TOPS.  
For here at TOPS you lose to win.

### 5. WE CAN EATSA LITTLE PIZZA

Tune: Tune: Darling Clementine

When you're yearning for a treat  
And you long for pizza pie  
Just remember little member  
You don't have to pass it by

You can eatsa little pizza  
You don't have to pass it by  
Just count cal'ries and exchanges  
That are in that pizza pie

### 6. A DINING DITTY

Tune: Yankee Doodle

Betty Bunch she went to lunch  
And filled her little platter  
She ate her fill, then felt quite ill  
But thought it wouldn't matter

Silly, silly Betty Bunch  
Why'd you eat that great big lunch  
Don't you know if you took less  
Your stomach would be flatter

Susie Brown she went to town  
To eat a little dinner  
By eating less of this and that  
She came home looking thinner

Lucky, lucky Susie Brown  
Every time you eat in town  
Taking less of everything  
Will help you be a winner

### 7. TOPS MEETING ROOM

Tune: From the Halls of Montezuma

**TOPS #AR225, Heber Springs**

From the doors of our TOPS  
Meeting Room  
To the doors of SRD  
We are trying to lose lots of weight  
By watching what we eat  
When we exercise, keep calorie sheets  
We are sure to lose that weight  
And when SRD rolls 'round again  
We'll be KOPS and graduate

### 8. LOOKING FORWARD

Tune: I'm Looking Over a 4 Leaf Clover

**TOPS #WA0131, Greenville**

I'm looking forward to being much thinner  
In just about a year from now  
I am determined that this I will do  
And, if you start now, yes, you can be, too

Send me some pal notes and dial that  
phone too  
And I'll do the same for you  
Working together at very hard tasks  
Makes it much easier to get them done fast

We'll keep on coming to all TOPS meetings  
Whether we gain or lose  
Surely together well do much better  
Than we ever hoped to do

## 9. TOPS WALKING CADENCE

Leader reads a line aloud;  
members together echo the line  
TOPS #OK588, Fort Sill

Change your habits; exercise  
Don't eat foods that are not wise  
Eat meals that are really balanced  
Find activities that show your talents  
Remember, get a good night's rest  
Then you can be at your best  
At TOPS we learn, we share, we give  
Don't live to eat, but eat to live!

## 10. MEET ME AT THE SINK

Tune: I've Been Working on the Railroad  
TOPS #CT0135, Windsor

I was told to drink my water  
Eight glasses every day  
It will help me feel full and  
Then help me lose that weight  
Water helps my circulation  
And temperature control  
Leads to regular digestion  
And helps me reach my goal.  
Meet me at the sink  
Meet me at the sink  
Meet me where the faucets flow-oh-oh  
We will have a drink  
We will have a drink  
It will give us a glow.  
TOPS are in the kitchen drinking water  
TOPS are in the kitchen I know-oh-oh-oh  
We are in the kitchen drinking water  
Drinking lots of H<sub>2</sub>O.  
Singing: H, 2, H-2-O,  
H,2, H,2-Oh-Oh-Oh-Oh  
H, 2, H, 2, Oh.....  
Water's good for me I know

## 11. TOPS IS CONTAGIOUS

Tune: Glow, Little Glow-worm  
Super Rally-1996 CATCH THE BUG

TOPS is contagious, catch the bug  
Grab your TOPS pal, give 'em a hug  
Count those calories, you'll get thinner  
Count those fat grams when you eat  
dinner  
Pass up desserts, all things sweet  
Soon you'll be able to see your feet  
Bring along a friend and they will see  
TOPS is contagious to me  
Eat your fruit and low calories  
A weekly winner you will be

Stay away from fried food and all things  
fattening  
Soon you'll be able to see things  
happening  
Step on the scale and come off grinning  
You've been good and now you're  
thinning  
You will catch the bug and go, go, go  
TOPS is contagious we know

## 12. JUST BECAUSE YOU'RE ON A DIET

Tune: Reuben, Reuben

Just because we're on a diet  
Doesn't mean we're in a rut  
Let's go heavy on the salads  
Keep the candy boxes shut  
Shake your head at all the starches  
They can only make you gain  
Eat the carrots and the celery  
Eat them fancy, eat them plain  
We'll be slim before we know it  
If our habits we control  
And because we stick together  
TOPS will help us reach our goals

### 13. A NEW IMAGE

Tune: On Top of Old Smokey

One day when my poundage was  
getting me down  
I looked up a chapter that met in our  
town

The members were friendly, the  
meetings were great  
They gave me incentive to start losing  
weight

I measured my portions, I weighed out  
my meats

I drank lots of water, I cut down on  
sweets

I walked every morning, I walked every  
night

My image was changing, my clothes  
weren't as tight

The day that I joined TOPS, it helped me  
to see

Inside of this person, was beautiful me  
If you know of someone, who needs to  
lose weight

Tell them about TOPS, it's never too late

### 14. SLOW BUT SURE

Tune: Row, Row, Row Your Boat

Slow, slow, slow but sure

That's the way we lose

It keeps us steady

Makes us ready

To fight the daily blues

Slow, slow, slow but sure

It happens every day

We stroll along

And sing our song

As we go on our way

### 15. THIS OLD WEIGHT

Tune: This Old Man

A. Jacobs-#WA1391, Redwood City

This old weight-I gained one  
It showed up upon my tum

*Chorus: With a knick, knack  
Paddy whack leave dessert alone  
Or the weight comes rolling on*

This old weight-I gained two  
Oh, I'm really getting blue

**Repeat chorus after each verse**

This old weight-I gained three  
Look at what it's done to me

This old weight-I gained four  
How can I bend to the floor

This old weight-I gained five  
Will my goal weight ne'er arrive

This new day-I lost one  
On my way-let's get this done

This new day-I lost two  
Stay with it, now I can, too

This new day-I lost three  
This is fun, and OH, WHAT GLEE

This new day-I lost four  
Hope to lose again and more

This new day-I lost five  
Goal's in sight, I've come alive

## 16. PRESEASON SLIMMING

Tune: Hail, Hail the Gang's All Here

TOPS PA0264, Hatboro

Hail, hail, TOPS Club is here  
Helping to take pounds off  
Oh, how great that news sounds  
TOPS, Kops, the gang's all here  
Slimming down for holidays

## 17. COUNTING CALORIES

Tune: Jolly Old St. Nick

Tops FL297, Port Charlotte

This is Thursday, weigh-in day  
Come to TOPS with me  
We will lose an ounce or pound  
Happy we will be  
Food exchanges we shall count  
Count them everyday  
Every item we'll write down  
We'll lose more that way  
Slimmer, slimmer we will grow  
As we change our way  
Healthy bodies, that's our aim  
To last us all our days  
Food exchanges help us win  
If we count them right  
The monograph will be our guide  
Soon goal will be in sight

## CHRISTMAS SONGS

### 18. DECK THE HALLS

'Tis the season of much snacking  
Fa-la-la-la-la-la-la-la-la  
Don't give in, pounds you'll be packing  
Fa-la-la-la-la-la-la-la-la  
Count your calories ev'ry dinner  
Fa-la-la-La-la-la-La-la-la-la-la-la  
And you'll find that you'll be slimmer  
Fa-la-la-la-la-la-la-la-la

## 19. THE TWELVE TIPS THAT TOPS GIVES

Tune: The Twelve Days of Christmas

Tops MN0535, Crosby

The first tip that TOPS gives to help with holidays, is  
Don't miss a single weigh-in  
The second tip that TOPS gives to help with holidays, is  
Count each exchange and don't miss a single weigh-in  
The 3rd tip that TOPS gives to help with holidays is Cut down on fats,  
Count each exchange and don't miss a single weigh-in  
The 4th tip that TOPS gives to help with holidays is read nutrition labels,  
Cut down on fats, Count each exchange and don't miss a single weigh-in  
The 5th tip that TOPS gives to help with holidays is Drink H2O.....  
The 6th tip that TOPS gives to help with holidays is Call a Tops pal...  
The 7th tip that TOPS gives to help with holidays is Control your emotions...  
The 8th tip that TOPS gives to help with holidays is Always stay active...  
The 9th tip that TOPS gives to help with holidays is Choose moderation...  
The 10th tip that TOPS gives to help with holidays is Read TOPS' monograph  
The 11th tip that TOPS gives to help with holidays is Help out at meetings  
The 12th tip that TOPS gives to help with holidays is Recite the TOPS pledge

## 20. TOPS IS GREAT

Tune: Jingle Bells

Here we are again  
Thoughts of being thin  
Fill our hearts with hope  
Feelings deep within  
KOPS will help the TOPS  
Fighting to reach goal  
Their job won't be easy  
But soon extra pounds will roll

Tops is great for losing weight  
Try it and you'll see  
Rules are simple, meetings fun  
As we fight calories. Oh!  
Tops is great, you'll take off weight  
Try it and you'll see  
You'll be thin and you can win It's KOPS  
we all will be

## 21. POOR LITTLE OVER-WEIGHT GIRL

Tune: Rudolph the Red Nosed Reindeer

Poor little overweight girl  
Had a lot of weight to lose  
And if you ever saw her  
You would even say so too  
All of the other children  
Used to laugh and call her names  
They wouldn't let poor "chubby"  
Join in any schoolgirl games  
Then one blue unhappy day  
Her close friends did say  
"Chubby, I have heard good news  
Join in Tops they'll help you lose"  
Now all her days look brighter  
As our gal now shouts with glee,  
"Tops Club you've made me lighter  
And a KOPS I soon will be."

END OF CHRISTMAS SONGS

## 22. BACKSLIPPER'S SONG

Tune: Darling Clementine

We've a problem, we've a problem  
All of us are overweight  
But we can lose it if we chose it  
Tell ourselves it's not too late  
Go to meetings, compete with others  
And count calories everyday  
We will all win if we think thin  
Diet rules we must obey  
Don't you give up, be determined  
"Weighty" problems we can beat  
If we always are reminded  
Eat to live, don't live to eat

## 23. A SLIM NEW ME

Tune: Bicycle Built For Two

O-ver-eat-er that's what I used to be  
Now I'm learning how to eat sensibly  
No snacking, no double dipping  
The poundage I am clipping  
I vow you'll see, a slim new me  
Thanks to weighing in regularly

## 24. ON TOP OF THE TABLE

Tune: On Top of Old Smokey

On top of the table, all covered with food  
I lost my slim figure, because of my mood  
My moods they were many  
My willpower was nil  
Since my hands were not busy  
My jaw never stayed still  
My emotional state was, at a very low ebb  
I had to do something, to get out of that web  
And then through a good friend  
I learned about TOPS  
With willpower and encouragement  
I could reach my KOPS

## 25. WEIGH IN WITH A LOSS

Tune: Just Because

Weigh in with a loss and you're happy  
Weigh in with a gain and you're blue  
Tell yourself that you will try harder  
And won't let it discourage you  
Take time to write down all your calories  
And add them all up every day  
That way you will know  
Why your pounds come or go  
So diet the TOPS Club way

## 26. TAKE ME OUT TO THE CHAPTER

Tune: Take Me Out To The Ball Game

Take me out to the chapter  
Pledge a pound loss or two  
Just count those calories every day  
It will help if for meetings you stay  
Got to eat more veggies and fresh fruit  
If I don't lose it's too bad  
For it's 1, 2, 3 pounds are gone  
And I feel so glad  
Glad I went to the chapter  
Now I've lost some more weight  
Soon I will be a KOPS too and then  
I will feel just great again  
So you see, it helps when you weigh in  
And count those calories too  
For it's 5, 10, 15 pounds gone  
For a slimmer you

## 27. THINK POSITIVE

Tune: Shortnin' Bread

I'm feelin' thinner, thinner, thinner  
Stickin' to my diet, I'm losing weight  
I'm feelin' thinner, thinner, thinner  
Stickin' to my diet, I feel just great  
Think positive, don't be misled  
Keep a slim picture in your head  
I'm feelin' slimmer, slimmer, slimmer  
Stickin' to my diet, I'm a smaller size  
I'm feeling smaller, smaller, smaller  
Stickin' to my diet, I feel real wise  
Think positive, don't be misled  
Keep a slim picture in your head  
I'm feelin' thinner, I'm feelin' smaller  
Stickin' to my diet 'cause I'm a TOPS  
I'm feelin' thinner I'm feelin' smaller  
Stickin' to my diet now I'm a KOPS!

## 28. THE PLACE FOR ME

Tune: Jimmy Cracked Corn

When I was young I used to eat  
And never would turn down a sweet  
When someone hollered "Time for pie"  
It's to the kitchen I would fly  
Gimme: some food cuz I don't care,  
gimme: some food cuz I don't care  
Gimme: some food cuz I don't care,  
I'll lose my weight some day

Well, now that someday has arrived  
And Tops has shown how to survive  
To take those pounds off sensibly  
Tops club is the place for me  
Tops club is the place for me,  
Tops club is the place for me  
Tops club is the place for me,  
To lose weight more sensibly

Some chapters like to sing to their week's best loser...this is one of them:

**29. THIS WEEK'S BEST LOSER**  
Tune: On Tops of Old Smokey

You're this week's best Loser  
We're happy for you  
You've been counting your calories  
And keeping them few  
You're learning to follow  
A sensible plan  
So come all you Tops Pals  
Let's give them a hand

This is the TOPS OF THE WEEK song:

**30. TOPS OF THE WEEK**  
You're the Tops of the Week  
the very best. (scooby do)  
You have done a little better  
than the rest. (scooby do)  
For the things you've had to do,  
We are very proud of you.  
You're the Tops of the Week  
the very best...(scooby do)

And this is one they like singing to their KOPS of the Week:

**31. KOPS SONG**  
Tune: Let Me Call You Sweetheart

Let me call you Kops Pal  
For the work you've done  
To show us that a weight goal  
Really can be won  
We love to hear you answer  
When they call the roll  
That you're within limits  
Or below your goal

**32. BIRTHDAY SONG**  
Happy birthday to you,  
May your gains all be few.  
Happy birthday, dear Tops pal,  
Lose a clothes size or two.

**33. FELLOWSHIP SONG**  
The more we get together,  
together, together,  
The more we get together  
the slimmer we'll be.

For your loss is my loss  
and my loss is your loss.  
he more we get together  
the slimmer we'll be.

**34. IF YOU'RE LOSING AND YOU KNOW**  
If you're losing and you know it  
clap your hands...  
If you're losing and you know it  
clap your hands.  
If you're losing and you know it ,  
then your shape will surely show it  
If you're losing and you know it  
clap your hands.

If you're losing and you know it...

Stomp your feet (repeat)

Sit and stand (repeat)

Shout hurray (repeat)

Do all four...

