

THE TOPS GREAT RACE SUMMER 2017
INDIVIDUAL SUMMER CONTEST

MEMBER NAME _____

STARTING WEIGHT ONLY - The week of May 28th-June 3rd (Or first weight-in after starting date)

_____ LBS

THE RACE BEGINS START IN KETCHIKAN

	MEETING DATE	DRINK WATER 2 GLASSES/DAY min 1 PTS PER DAY	EXERCISE 15 MIUTES MIN 1 PT Per day	FOOD JOURNAL 3 DAYS MIN 1 PTS PER Day	KOPS 2 PTS A/B Goal 1 Pt Upper LW (-2) PT OUT LW	TOPS 2 PTS LOSS 1 PT TURTLE (-2) PTS GAIN	WEEKLY TOTAL POINTS
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CHECKPOINT #1 JOURNAL STOP, JUNEAU

WEEK 1 - June 4th to 10th							
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CHECKPOINT #2 WATERING HOLE, HOMER

WEEK 2 - June 11th to 17th							
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CHECKPOINT #3 SLIM GULCH, KASILOF

WEEK 3 - June 18th to 24th							
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CHECKPOINT #4 DIP NET ALLEY, KENAI

WEEK 4 - June 25th to July 1st							
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CHECKPOINT # 5 KING SALMON RUN, SOLDOTNA

WEEK 5 - July 2nd to July 8th							
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CHECKPOINT # 6 SWANSON WEIGH, STERLING

WEEK 6 - July 9th to 15th							
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	MEETING DATE	4 GLASSES/DAY min 1 PTS PER DAY	20 MINUTES MIN 1 PT Per day	5 DAYS MIN 1 PTS PER Day	2 PTS A/B Goal 1 Pt Upper LW (-2) PT OUT LW	2 PTS LOSS 1 PT TURTLE (-2) PTS GAIN	
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CHECKPOINT # 7 WORK OUT CITY, ANCHORAGE

WEEK 7 - July 16th to 22nd							
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WEEK 8 - July 23rd to 29th							
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CHECKPOINT # 8 GLACIER RUN, WASILLA

WEEK 9 - July 30th to Aug 5th							
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WEEK 10 - Aug 6th to 12th							
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	MEETING DATE	6 GLASSES/DAY min 1 PTS PER DAY	30 MIUTES MIN 1 PT Per day	7 DAYS MIN 1 PTS PER Day	2 PTS A/B Goal 1 Pt Upper LW (-2) PT OUT LW	2 PTS LOSS 1 PT TURTLE (-2) PTS GAIN	
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CHECKPOINT # 9 FINAL STRETCH, FAIRBANKS

WEEK 11 - Aug 13th to 19th							
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CHECKPOINT # 10 NORTH POLE - END OF THE RACE-

WEEK 12 - Aug 20th to 26th							
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25 BONUS POINTS FOR PERFECT ATTENDANCE -OR- BECOME A NEW KOPS, REINSTATED KOPS

TOTAL POINTS

ENDING WEIGHT (Or Last weigh-In before Ending Date) - WEEK 12 _____ LBS

HEADING TO THE FINISH LINE NET LOSS (-) GAIN (+) _____ LBS