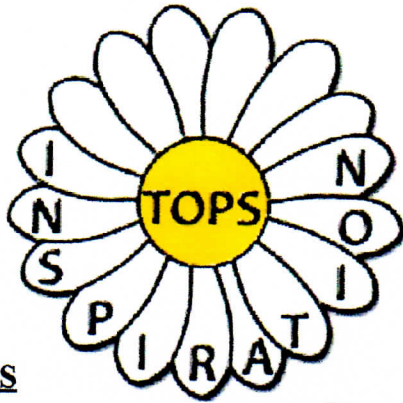


2017 "TOPS" SUMMER BEST LOSER

NAME: _____
 CHAPTER: _____

**!!MUST HAVE A MINIMUM
 NET LOSS OF 10 POUNDS!!**



RULES

The contest runs from May 1st to September 30th.

TOPS: Fill in the spaces for beginning and ending weights of the contest time frame. Fill in how you did for each week under each month of the contest. Remember to win a charm
 TOPS must have a minimum 10-pound **NET** loss for this contest.

Please remember: You must have your weight recorder sign your contest sheet in order to receive a charm at Fall Rally.



MAY

Weight as of 1st day of May is: _____ lbs

1st week, loss/gain _____

2nd week, loss/gain _____

3rd week, loss/gain _____

4th week, loss/gain _____

5th week, loss/gain _____

JUNE

1st week, loss/gain _____

2nd week, loss/gain _____

3rd week, loss/gain _____

4th week, loss/gain _____

5th week, loss/gain _____

JULY

1st week, loss/gain _____

2nd week, loss/gain _____

3rd week, loss/gain _____

4th week, loss/gain _____

5th week, loss/gain _____

AUGUST

1st week, loss/gain _____

2nd week, loss/gain _____

3rd week, loss/gain _____

4th week, loss/gain _____

5th week, loss/gain _____

SEPTEMBER

1st week, loss/gain _____

2nd week, loss/gain _____

3rd week, loss/gain _____

4th week, loss/gain _____

5th week, loss/gain _____

The last weigh-in in September I weighed: _____ lbs

My Total Net Loss was _____ lbs

 (Weight Recorders Signature)

****DO NOT SIGN UNTIL THE LAST WEIGH-IN BEFORE FALL RALLY****