

# OKLAHOMA TOPS FUNDAY REPORT

Mailed Completed Report To (after last weigh in of Quarter, do not wait)

## **TO YOUR CHAPTER AREA CAPTAIN LISTED BELOW**

TOPS Area Captain #5532

Cora Pogue

1516 Selborne Place

Yukon, OK 73099

TOPS Area Captain #6239

Kathy Harker

8303 North 138th E Ave, #101

Owasso, OK 74055

TOPS Area Captain #5144

Patty Pappan

P O Box 814

Perkins, OK 74059

1. Chapter Name - TOPS #OK \_\_\_\_\_ , \_\_\_\_\_
2. Quarter Funday Period Covering: \_\_\_\_\_ to \_\_\_\_\_, 200\_\_\_\_  
Please list **only those** members who **think they might** attend Funday. It is **VERY IMPORTANT** that you not show members not planning to attend the Funday on member list on page 2. **Please print or type name legibly**  
**THE IN EXPLANATION OF ITEM LISTED ON MEMBER LIST on page 2. List members name and list appropriate amount (NO CHECKMARKS) in box provided.**
3. List members with a minimum 5 pound net loss for Quarter Funday Period:
4. List TOPS in black for the Quarter Funday period. To qualify a member must have at least 1/4 pound loss, **with no gains during the quarter.**
5. List KOPS under goal for **entire** Quarter Funday period. **PLEASE GIVE AVERAGE POUNDS BELOW GOAL.**  
**(Add all weights divide by # of weigh-in, subtract total from goal weight).** **NO CHECKMARKS AN AMOUNT.**
6. List date of member who become New KOPS for the Quarter Funday period.
7. List member with Perfect Attendance's. Those who have not missed a meeting during Quarter Funday period. Those shown must have stayed for the entire meeting each week. Any absence - even excused absences - make a member ineligible for this award at funday
8. List members who kept a food diary for **AT LEAST HALF OF THE QUARTER** and indicate the number of **DAYS** ke  
Food diaries may be a simple listing of everything eaten.
9. Super Exercise Awards: List members who have exercised 25 or more hours (Excluding walking) during Quarter Funday period. **SHOW FULL HOURS ONLY - NO FRACTION OF AN HOUR.**
10. Super Walker Awards: List members who have walked 50 or more miles during Quarter Funday period. **Walking on job does not count, purpose is to exercise. SHOW FULL MILES ONLY - NO FRACTION OF A MILE.**

**MEMBER LIST FOR OKLAHOMA TOPS FUNDAY REPORT**

	NAME	3-LOST AT LEAST 5#	4-IN BLACK ALL QTR	5-KOPS BELOW GOAL FOR QTR	6-NEW KOPS DATE	7-PERFECT ATTENDANCE	8-FOOD DIARY	9-EXERCISE (25 HRS)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
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17								
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19								
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**MAKE COPIES OF THIS PAGE IF NECESSARY**

**WRITE IN AMOUNT IN BOX**





TOPS Are:  
Wayne Ric  
1614 Sou  
Broken At

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