

KOPS WEIGHT CHART (Form L-027K)

(If transferring, KOPS takes original chart to new chapter.)

Record all entries with a fine point black or red felt pen.

of weigh ins
for the year

FOR COORDINATORS' USE



TOPS MEMBERSHIP #

Highest weight recorded at TOPS Club, Inc. _____ State/Prov. _____ Year _____

Original starting date _____ Goal weight _____ Leeway weights: from _____ to _____
(7 lbs. under) (3 lbs. over)

Did membership lapse during the current year? Yes No

Sex: Female Male Have you ever had surgery for weight loss? Yes No

December of preceding year if member was KOPS	Original KOPS date		Goal Changes Current Year Only		
	Last date KOPS status lost	Last reinstated date	Date Presented	Goal Change	Leeway 7 lbs. under 3 lbs. over
	If pregnant this year: maximum weight				
	Birth date of baby:				
	Member is in: Division 6 <input type="checkbox"/> Division 8 <input type="checkbox"/>				
	If so, birth date:				
	Height	Pounds allowed per inch of growth			

Mark in red ONLY those weights that are over or under leeway.

JANUARY		APRIL		JULY		OCTOBER	
Date	Weight	Date	Weight	Date	Weight	Date	Weight
FEBRUARY		MAY		AUGUST		NOVEMBER	
MARCH		JUNE		SEPTEMBER		DECEMBER	

PLEASE PRINT

Name of member _____ Street address or P.O. box _____
 City _____ State or Prov. _____ ZIP or Postal Code _____
 Chapter ID: _____ (State/Prov.) _____ (Number) _____ Email* _____ Phone () _____
 Coordinator _____ FSID _____

TRANSFERRED TO:

Chapter ID: _____ (State/Prov.) _____ (Number) _____ Email* _____ Phone () _____
 Date of transfer: _____ Coordinator _____ FSID _____

So that others may be inspired to Take Off Pounds Sensibly, I grant TOPS Club, Inc. permission, at its own discretion, to use my pictures, before and after weights, and success story, for any and all purposes including but not limited to publication in TOPS', magazine, TOPS' website, brochures, or other publicity efforts.

*Headquarters and Field Staff email periodic TOPS updates and reminders. TOPS does not share your email--or other personal information--with anyone. Entering someone else's email as yours may cause your records and theirs to be confused in the database.

Signature of member _____