

# HEALTHY LIVING GOALS

***The following goals from previous ILCs have been summarized below to offer ideas to current competitors. These goals are NOT written as submitted for competition. Check current guidelines for more information.***

- ✓ To sleep 7-8 hours per night at least 5 nights per week to reduce symptoms of anxiety and depression.
- ✓ To be able to run a 5K in under 23 minutes.
- ✓ To increase muscle mass by 5 pounds this school year.
- ✓ To lose 5% body fat this school year.
- ✓ To increase daily exercise to at least 30 minutes per day this semester using my Apple watch to track progress.
- ✓ To increase fluid intake to 72 ounces each day this school year.
- ✓ To decrease blood pressure by 3% this semester through exercise and diet changes.
- ✓ To prevent Type II Diabetes through moderate physical activity and nutrition recommendations.
- ✓ To avoid college freshman weight gain through dietary choices and exercise.
- ✓ To spend at least 6 days every week being physically active this school year.
- ✓ To improve my posture by 20% this year by performing posture-straightening exercise daily.
- ✓ To increase my tolerance for dairy and maintain it at 1 cup per day, under the supervision of my healthcare provider.
- ✓ To do yoga for at least 10 minutes each day to reduce stress levels.
- ✓ To lower my BMI by 3 points this school year by exercising at least 60 minutes daily and lowering my daily carbohydrate intake.
- ✓ To follow the Mediterranean Diet for 120 days.
- ✓ To reduce my waist circumference by 2 inches this year through a healthy diet and exercise 4-5 times per week.
- ✓ To reduce my mile run time from 16 minutes to 12 minutes this school year.
- ✓ To reduce the amount of added sugar in my weekly diet by 50% over the next two months.
- ✓ To meditate 10-20 minutes every day to reduce school anxiety.
- ✓ To run a mile in under 7:00 without pain by properly rehabilitating my ankle after surgery.
- ✓ To build 5 pounds of lean muscle through cardiovascular exercise and weight training.
- ✓ To run 7 miles in under 75 minutes over the course of 4 months.
- ✓ To reduce my anxiety using yoga and implementing breathing strategies this semester.