



JUDGE FEEDBACK

HEALTHY LIVING

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Tips from ILC Judges



What did competitors do well?

- Personal health goals were well done
- The competitor seemed well prepared
- Very comfortable in interaction with judges



Where could competitors improve? / Tips for Success!

- Not always referring to their portfolio
- Practicing the presentation numerous times before the competition would be helpful for most competitors
- Speaking too fast



What was the deciding "IT factor" when scoring competitors?

- Well versed on their subject matter
- Consistency in working to achieve their goal
- The journey to meet the goal was conveyed with emotion and passion

BE SURE TO READ AND STUDY YOUR EVENT GUIDELINES

<https://hosa.org/guidelines/>