



HOSA 100

GOAL PLANNING AND ACHIEVEMENT

HOSA MEMBER INFORMATION

Member Name: _____

Chapter: _____ Advisor: _____

E-mail: _____ Phone: _____

5 Month Goal: _____

Beginning Date: _____

INSTRUCTIONS

Your goal is to earn 20 points each month from November through March for a total of **100 points!**

1. **Monthly Goal.** Briefly describe each goal(s) you will set for yourself, and when the goal should be met or accomplished.
2. **Point value.** From the list, determine the point value of your goal(s).
3. **Plan for completing your goal.** List the ways you will achieve your goals:

Example:

If you have a weight loss goal, what changes to your diet will you make?

If you plan to run a 5k race, what will your training consist of?

NOVEMBER

Monthly Goal(s):

Point Value:

Plan for completing your goal:

Date Completed _____

Advisor Signature _____

DECEMBER

Monthly Goal(s):

Point Value:

Plan for completing your goal:

Date Completed _____

Advisor Signature _____

JANUARY

Monthly Goal(s):

Point Value:

Plan for completing your goal:

Date Completed _____

Advisor Signature _____

FEBRUARY

Monthly Goal(s):

Point Value:

Plan for completing your goal:

Date Completed _____

Advisor Signature _____

MARCH

Monthly Goal(s):

Point Value:

Plan for completing your goal:

Date Completed _____

Advisor Signature _____

HOSA 100 Activity Option Sheet

Goal – to earn 20 per month for 5 months totaling 100 points

5 point activities

- * Keep a food journal for a week
- * Change a specific nutrition habit for the better
Example: eat an extra fruit or vegetable each day. Or exchange a soda for a bottle of water each day
- * Exercise 3 days a week for 30 minutes each day.
- * Drink 32oz of water each day (5 days a week minimum)
- * Lose 5 lbs in the month
- * Lose 3% of your body fat in the month

10 point activities

- * Keep a month-long nutrition log and use government web site to calculate caloric intake and output
- * Make a major nutrition change for the better
Example: cut out caffeine for the month, or eat five servings of vegetables each day
- * Exercise 5 days a week for 30 minutes each day
- * Run in a 10 K (or do an activity that lasts at least 2 hours like a soccer tourn....)
- * Lose 10 lbs in the month
- * Lose 5% body fat in the month

20 point activities

- * Organize a fitness group
Example: teach a weekly fitness group at an assisted living facility, or start a kids aerobics class
- * Organize a 5 K run
- * Make a presentation on a health topic to a community group, or elementary or jr high group (high school class presentations do not count)
- * Start a "Biggest Loser" group in your school
- * Come up with your own- these need to be approved by the HOSA 100 board prior to the activity (see other document for details)

HOSA 100 Award List

Chapter Award - top three schools can win gold, silver, or bronze

Judged by panel on two criteria:

1. amount of money raised for scholarship fund
2. project used (Did members do it, did the community get involved...)

Individual Recognition - all students that earn the HOSA 100 points over the 5 months will be honored

Top point winners- top three point winners will win gold, silver, bronze

Fitness Drawing - fitness goals must be submitted by Nov 24th and approved by Dec 1st. If the goal is accomplished (advisor signs them off) the persons name will go into a drawing for prizes. However many donated prizes we can get will determine the number of winners drawn out.

5K Run winners - the top three winners in each category will win gold, silver, bronze. The categories are Men, Women, and Advisors.