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 _____________________________________________**
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<th>Month</th>
<th>Monthly Goal(s):</th>
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<td>DECEMBER</td>
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**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.