

5 Goals

GOAL 1: Drink more water!

How am I going to accomplish this goal:

Fill up my water bottle the night before and leave it in the fridge ready to go for the next day.

How did I do on this goal:

I drank a lot more water when I remembered to fill up my water bottle with water. There were some days that I did forget to fill up my water bottle, and I wouldn't drink as much as I did when I had my bottle. I tend to forget to drink water unless I remember to pack a water bottle, but having a water bottle on hand significantly changed how much water I had just because it was there with me.

GOAL 2: Eat breakfast every morning

How am I going to accomplish this goal:

Sleep earlier so that I can wake up with some time to make myself some breakfast before I start my day.

How did I do on this goal:

There were days that I had woken up late or had a test that I did not want to miss so I had skipped breakfast. However, sleeping earlier really gave me a lot more energy in the morning. I rarely have enough time to sleep for any more than 6 hours a night, but setting a goal to sleep earlier to wake up with extra time to eat breakfast really helped me to eat breakfast more often than I have in years and I had a lot more energy by getting more sleep.

GOAL 3: Exercise for at least 5/7 days a week

How am I going to accomplish this goal:

Find fun activities that I can do that doesn't always involve running and do it with one or more people to make it more enjoyable

How did I do on this goal:

I think I did really well on doing some form of physical activity 5/7 days a week because it is summer and I had a few weeks after class started for zumba to look into activities that I wanted to do. Doing these activities with other people really made a difference. I didn't like the idea of going to the gym in order to run on the treadmill, and doing other fun summer activities like swimming was a fun and easy way to get my exercise in.

GOAL 4: Spend an hour outside every day

How am I going to accomplish this goal:

Find physical activities that I can do outside or any yard work to work on

How did I do on this goal:

I usually love to be outside, but school really restricts how often I get to just enjoy the sun and relax. I really wanted to focus on spending as much time as I could outside and did do a lot of yard work and sports. However, my dad suggested that I read outside because when I do read, it's usually just inside on my bed. It was a really great alternative for me to get to enjoy the sun outside while still having something to do that didn't always require me to physically do something every time that I did go outside.

GOAL 5: Sleep for at least 8 hours a night

How am I going to accomplish this goal:

Finish homework before 9 PM so that I can spend some time doing something enjoyable before going to bed by 10:30 PM

How did I do on this goal:

Although I really wanted this goal to turn out well, it was really difficult for me to get 8 hours of sleep every night. I had school until 11:30 AM most days and went to do cardiovascular research at the University of Utah and would not get home until almost 7 PM. It was very difficult to finish homework by 9 PM when I had so little time left each day. I was more successful on the weekends, but I always volunteer at the Primary's Children Hospital ever Saturday at 9 AM so Sunday was the only day that I had most successfully got my 8 hours of sleep in.