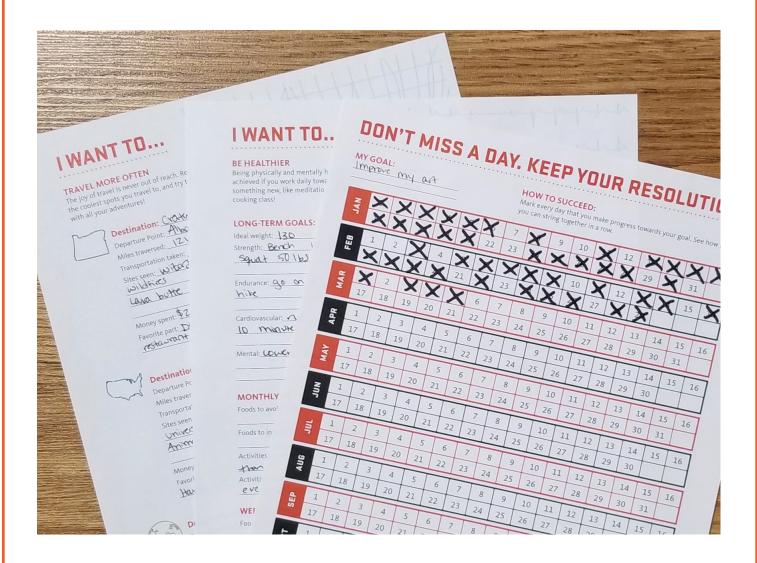
MY 2019 GOALS

Ready to tackle those New Year's resolutions? This handy printable will help you break those bad habits and build better ones.



Keep us up to date on your progress! Simply post to our Facebook page (facebook.com/oregonstatealum), tag us in your Instragram post (@oregonstatealumni) or mention us in your tweet (@oregonstatealum).





BE HEALTHIER

Being physically and mentally healthy is important, and can be achieved if you work daily toward your goal. Don't be afraid to try something new, like meditation, weight lifting or enrolling in a cooking class!

|--|

LONG-TERM GOALS:		DAILY HABITS			
Ideal weight:		Healthy snacks:			
Strength:					
		Exercise activity: _			
Endurance:		Hours of sleep per	day:		
		Glasses of water to	o drink:		
Cardiovascular:					
		CALORIE COU	NTER		
		List some of your f			ıd drinks
Mental:		and track how mar	ıy calories are i	in each.	
		Daily calorie goal:			
MONTHLY HEALTHY CHANGES:		Apple	=	52	kcal
Foods to avoid:			=		_ kcal
Foods to introduce:					
Activities to avoid:					
A					
Activities to introduce:					
					
WEEKLY NEW THINGS TO TRY:					_
Foods:					
			=		
		- 	=		_ kcal
Activities:					
		Supercharge your			
Relaxation techniques:		Pauling Institute's Learn more at lpi.c			on Cent
		zeam more at ipine	80		



I WANT TO...

TRAVEL MORE OFTEN

The joy of travel is never out of reach. Record some of the coolest spots you travel to, and try to fill the page with all your adventures!

7-	Destination:	$\wedge \wedge$	Destination:
1	Departure Point:	_\	Departure Point:
\	Miles traversed:		Miles traversed:
	Transportation taken:		Transportation taken:
	Sites seen:		Sites seen:
	Money spent:		Money spent:
	Favorite part:		Favorite part:
1 N			
	Destination:		Destination:
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	Transportation taken:		Transportation taken:
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12 E	Destination:		
$(\mathcal{E} \subseteq \mathcal{E})$	Departure Point:		
V	Miles traversed:		Learn more about fun travel opportunities
	Transportation taken:		through the OSU Alumni Association at osualum.com/travel.
	Sites seen:		osuarum.com/ traver.
	5100 500H		
	Money spent:		



Favorite part:_____

DON'T MISS A DAY. KEEP YOUR RESOLUTION!

MY G	OAL:					HOW TO SUCCEED: Mark every day that you make progress towards your goal. See how you can string together in a row.										w many
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