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 Instagram post (@oregonstatealumni) or mention us in your tweet (@oregonstatealum).
**I WANT TO...**

**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:**
- Ideal weight: ____________________ lbs
- Strength: ______________________
- ____________________________
- ____________________________
- ____________________________
- Endurance: _____________________
- ____________________________
- ____________________________
- ____________________________
- Cardiovascular: ________________
- ____________________________
- ____________________________
- Mental: ________________________
- ____________________________
- ____________________________

**MONTHLY HEALTHY CHANGES:**
- Foods to avoid: _________________
- ____________________________
- Foods to introduce: ______________
- ____________________________
- Activities to avoid: ______________
- ____________________________
- Activities to introduce: __________
- ____________________________

**WEEKLY NEW THINGS TO TRY:**
- Foods: _________________________
- ____________________________
- ____________________________
- ____________________________
- Activities: _____________________
- ____________________________
- ____________________________
- Relaxation techniques: __________
- ____________________________

**DAILY HABITS TO ADOPT:**
- Healthy snacks: _________________
- ____________________________
- ____________________________
- Exercise activity: ________________
- ____________________________
- Hours of sleep per day: __________
- Glasses of water to drink: ________

**CALORIE COUNTER**
List some of your favorite meals, snacks and drinks and track how many calories are in each.

- Daily calorie goal: ______________
- Apple ________________________ = ________ kcal
- ____________________________ = ________ kcal
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Supercharge your diet with guidance from the Linus Pauling Institute’s Micronutrient Information Center. Learn more at lpi.oregonstate.edu/mic.
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!

Destination: ____________________________
Departure Point: ____________________________
Miles traversed: ____________________________
Transportation taken: ____________________________
Sites seen:
______________________________________
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Money spent: ____________________________
Favorite part: ____________________________

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Learn more about fun travel opportunities through the OSU Alumni Association at osualum.com/travel.
### DON'T MISS A DAY. KEEP YOUR RESOLUTION!

**MY GOAL:**

______________________________________
______________________________________

**HOW TO SUCCEED:**

Mark every day that you make progress towards your goal. See how many you can string together in a row.

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