**Michael Smith**

**S00544867**

**HLAC 1000-008**

**Instructor: Julie Q. Morgan**

**Michael Smith HLAC 1000-008 (Cardio) Goal Evaluation**

At the beginning of the semester, I made the following goals to work on over the length of the course:

1. Lose a minimum of 10 pounds of weight
2. Increase my endurance for prolonged runs and bike rides
3. Decrease my A1C test to prevent Type II Diabetes

As the semester draws to an end, I have made the following evaluation of the above listed goals:

1. **Lose a minimum of 10 pounds of weight:** I did not reach my goal of 10 pounds of weight loss. However, I did make progress in regards to losing weight. I went from 221.8 pounds down to 216.0 pounds for almost six pounds of total loss.
2. **Increase my endurance for prolonged runs and bike rides**: I feel like I reached this goal over the course of the semester. I have run in 5-K races and decreased my time in each event. I have also increased the amount of biking I participate in. I can now ride twice the distance I could before without getting near as winded.
3. **Decrease my A1C test to prevent Type II Diabetes**: Over the course of the semester I have learned through class lessons what better food to eat to control my blood sugar. Through eating more snacks of nuts and grains, along with healthier meals I have lowered my A1C test from 6.2 down to 5.9. This is a goal that I would like to maintain for my entire life and I feel I am well on my way to completing it.