

Alex Selsley

#1: increasing healthiness and variety of nutrition in my diet

#2: develop better food prep skills

#3: get at least 7 ½ hours of sleep

Habit: 5 minutes before the hour will practice weight lifting

Annie Margeson

#1: Get better health (eating healthy, moving more, getting better sleep)

#2: Lose weight (40 lb) with yoga, cardio and weight training

#3: Get rid of Allergies

Habit: Eat a green salad with sprouts every day

Barbara Reid

#1: supportive environment for plant-based eating

#2: increase health

#3: learn more

Habit: concrete/written plan for every meal & 3 to 5 x a week weights and aerobic exercise

Ben Frisch

#1: to keep close to Hippocrates Healthy Living Style

#2: maintain a supportive network

#3: growing in this lifestyle, taking on new habits and techniques

Habit: skin brushing

Beth Hurwitz

#1: To release my sugar addiction, balance my blood sugars and with that increase my energy and loose additional weight

#2: Increase energy

#3: Clear focus on the goal of achievement

Habit: Commit to only healthy carbohydrates which will keep my blood sugar stable

Beth Keenan

#1: get regular sleep at least 7 ½ hours going to bed at same time every night

#2: exercise every day

#3: eat balanced and regular meals

Habit: meditate at 8:45 every night before switching off phone and putting it downstairs

Celia Ellenson

#1: exercise with weights and yoga for 20 minutes a day

#2: no refined sugar

#3:

Habit: exercise with weights and yoga for 20 minutes a day, no refined sugar

Cheryl Nalbach

#1: Reacquaint myself with the living food lifestyle

#2: To improve detox practices

#3: To meet like-minded individuals

Habit: 15 minutes daily yoga exercises

Clint Norton

#1: More organization for food preparation

#2: Maintain a healthy regime

#3: Help others do the same

Habit: Eat on a regular schedule

Jane Silliker

#1: learn sprouting and fermenting

#2: food combining

#3: pulling altogether: a schedule, meal prep, diet modification, gaining rapport, encouragement

Habit: daily green juice

Jeff Bowdish

#1: Learn to cook delicious vegan meals

#2: Improve my relationship with myself and others

#3: Permanently say goodbye to all gluten and refined sugar

#4: Improve sleeping

Habit: No sugar or gluten

Jennifer Guardado

#1: be able to guide my daughter to a plant-based diet for her future

#2: learn to cook healthy and not only learn, but also educate myself in this lifestyle

#3: my mother and family history of diseases

Habit: unlearn all of my bad habits (vague)

Jessica Lauv

1. Replacing cravings for processed snacks with Fruits or Eat to Thrive recipes
2. Meditation/ mindfulness /reading before bed instead of phone
3. Stretching or taking steps every hour

Habit: Repeating to myself positive affirmations everyday and optimistic outlook

John Dunlevy

#1: become healthier

#2: follow through more

#3: feel and look better

Habit: make better meals daily for me and my kids

Katie Davis

#1: Improve energy levels

#2: Learn about raw veganism

#3: Learn more plant-based recipes

Habit: Incorporate more fruits and vegetables in my diet

Kathleen Anderson

#1: Oil pulling

#2: Lemon water in the morning

#3: Oiling body

Habit: eating wheatgrass, green juices, sprouts

Kathleen Ormiston

#1: Increase raw plant food on a daily basis

#2: Continue to reduce diet soda

#3: Connect with people on a daily basis and to share experiences

Habit: Two short sessions of meditation a day

Kim Vaca

#1: lower cholesterol

#2: cardio and weight exercises

#3: increase plant-based intake

#4: better sleep

Habit: 60 minutes daily on elliptical

Laraye Myers

#1: Improve my health

#2: Learn how to prepare food better

#3: How to make others aware of healthy eating  
Habit: Commitment to prepare three plant based meals a day  
Linda Brunini

#1: focusing on healing thoughts  
#2: meditation  
#3: do tai chi for the immune system  
Habit: meditation daily (Note: ask her later)

Mac McDavid

#1: Understand the basics for better health  
#2: Understand the plant-based diet  
#3: Customize the living food experience for myself  
Habit: Eat at least 3 vegetables a day

Meredith Davis

#1: achieving mindful eating through the appreciation of my food  
#2: expanding my understanding of nutritional preventive measures against disease  
#3: learning how to sprout and incorporating sprouting into my life  
Habit: daily meditation to increase the alignment between my mental and physical health

Nancy Antonucci:

#1: To learn the latest raw plant-based strategies  
#2: To learn new recipes and start sprouting again  
#3: To be connected with like-minded people  
Habit: To drink a green juice every day

Raina Ahmed

#1: Learn the benefits of implementing a plant-based diet  
#2: Use this information to relay to the RKRF program  
#3: Learn more holistic practices for health  
Habit: Keep my phone turned off until a set time in the morning

Saffi McNulty

#1: Learn more about balanced nutrition and integrate into regular diet  
#2: Do an elimination diet and figure out what I'm allergic to  
#3: Use mindfulness to deal with stress and anxiety  
Habit: first thing in the morning drink glass of water, 30 minutes of yoga

Samantha Scolamiero

Objectives: reconnect with a health-minded community, lose 20 lb, create and maintain an optimal and manageable morning routine

Habits: more healthy smoothies, oil pulling, meditating, mindful eating, reading more scripture

Sheryl Stone

#1: like-minded community

#2: Keep Hippocrates lifestyle on track

#3: Maintain 64 oz water daily

Habit: increase muscle mass and strength (weight resistance ½ hour 3x week & 60 minutes yoga 3x week)

Sophia Lu

#1: Learning more about nutrition

#2: Living a healthier lifestyle

#3: Learning about other chronic diseases

Habit: Start 30 minutes of stretching a day

Susan Baxter

#1: learn “what’s new” in the raw-vegan world (i.e. latest in the science and approaches to incorporating plant based, living foods into one’s diet)

#2: connecting with like minded people

#3: learning new recipes and other people’s approaches to different flavor and food-texture profiles

Habit: consuming green juices on a regular basis

Tara Baker

#1: Lower cholesterol

#2: Stop eating refined sugar

#3: Learn to sprout wheatgrass and other sprouts

Habit: Stop night time eating

Theresa Drum

#1: 70% of diet plant based, measurable result 2/3 daily mails

#2: 10k steps daily (measured on app)

#3: Ahimsa: non-violence...practice loving kindness to myself and others (measure smiles)

Habit: Daily meditation (preferably 1 hr)

Yanika Hodge

#1: To learn new healthy recipes that are easy to prepare at home

#2: Fun ways to stay active and fit

#3: New mindfulness exercises to use regularly

Habit: To develop a stretching routine so that she can do the splits, memorize one scripture per day

Yelena Lembersky

#1: Walk upright and smile more

#2: Read a book

#3: Talk to a friend at least once a week

Habit: Practice Dahn Yoga four times a week