Megan Hemley

BE111-ON01

Ms. Bunts-Anderson

Final Exam Speech

November 25, 2020

My 30 Day Challenge to give up consuming chips. I have grown up devouring chips as a snack for as long as I can remember. I wanted to become, at least, a little healthier. Throughout this challenge, I logged my mood. When I first started, I was not as happy because I craved chips so much more than I anticipated, especially my all-time favorite, Flamin’ Hot Cheetos. I chose to nibble on fruits and sometimes a sweet snack here and there as a substitute. What I noticed as the challenge progressed was that I drank more water than before. Right when I felt like everything started going really well with my project, I got my wisdom tooth pulled out. My dentist and doctor prescribed antibiotics every week for four weeks straight. I drank less water than I previously did. I was not consuming as much food because I was not able to chew for a while. I got through it in the end, I experienced less cravings for chips than at the beginning. I remained focused on my goal of being a bit healthier, therefore I drank more water and ate healthier alternatives. My sleep patterns also improved as a result, and now I find myself sleeping earlier these days. A month has passed since the challenge ended, and I still have not ingested chips. I hope to continue this new lifestyle. These days, I feel better without the extra sodium chloride from chips. I’m going to continue trying to be a healthier person. I enjoyed this challenge so much that I decided to continue on with it as my long term goal to become a healthier person.