



# Healthy Living – Judge Feedback for Competitors

Cal-HOSA SLC 2026  
[Insert Logo]

## ■ What Judges Noticed

- Real passion stood out
- Confidence and stage presence
- Clear examples and real-life connections
- Organized presentations scored higher

## ■ Tips from the Judges

- Practice without reading
- Use examples and data
- Make it personal
- Clear organization
- Show confidence

## ✓ Before You Compete – Quick Checklist

- Present without notes
- Clear beginning, middle, end
- Included real examples/data
- Explained real-life application
- Practiced multiple times
- Eye contact and clear speaking
- Confident answering questions

## ■ What You Can Improve

- Be more prepared
- Less reliance on notes
- Add research/evidence
- Avoid rushing
- Explain real-life application

## ■ What Made Top Competitors Stand Out

- Confident and polished
- Genuine passion
- Clear real-world impact
- Engaging delivery

*The difference between good and great is preparation, confidence, and real-world connection.*