**Health Behavior Change Project**

*All sections are to be typed and submitted in class on the following due dates:*

**Section 1: Assess Yourself**

**Date Due:**

**Total Pts:**

A. Complete the following:

_____ Submit a copy of your completed Evaluating Your Lifestyle Worksheet #1 (pt)

(Found in Blackboard, under Course Documents, Worksheets, follow link, Worksheet #1)

_____ Submit a copy of your completed Worksheet #2: Wellness Profile (pt)

B. Explain why you chose this behavior and give an overview of your attitudes/ motivation related to changing the behavior. Furthermore, identify the specific dimensions of wellness that are affected by your current behavior and describe how they are being affected. (pts)

C. List 15-20 of the Pro’s and Con’s of your current behavior (pts)

D. Find 4 current, credible, research journal articles that relate to you and to your behavior. Write a summary of the main points for EACH of your professional research resources. Cite each professional source in APA format. (pts)

**See external links on Blackboard for APA Citation**

**Section 2: Tracking unchanged behavior**

**Date Due:**

**Total Pts:**

A. Keep a journal of your target behavior over the course of 5 Days to establish a baseline.

   a. For format see samples: Blackboard, Course Documents, Behavior Change Tools, Sample Behavior Change Logs (pts)

B. Write a summary of the patterns you observed over the 5 days (pts)

C. Complete Worksheet #5, The Behavior Change Contract (pts)

   a. Under the specific strategies section compile a list of strategies that you can/will use to help increase/boost your self-efficacy in regards to performing your healthier behavior.

**Section 3: Making a change**

**Date Due:**

**Total Pts:**

A. Using your Contract as a guide, actively work on changing your behavior and document your progress/attempt to change over the course of 10 days. (pts)

B. Assessment – Using the following as headings and sub-headings, assess the 6 week process of trying to change your behavior

1. Identify your level of success (on a scale of 0-10, zero = completely unsuccessful, 10 = completely successful) (pts)

   a. Highlight the key factors that contributed to your successes.

   b. Highlight any barriers that hindered your process/plan along the way to accomplishing your goals. How successful you were at handling the barriers? Identify any coping skills that you utilized.

2. Using the Stages of Change Transtheoretical Model, describe your HBC journey and supporting your personal evaluation of your success. What was the experience of trying to accomplish your goals like for you? (pts)

3. Describe what doing this project helped you learn about your integrated sense of self: the connection between your mind, body and spirit. (pts)

4. Briefly describe your intentions for engaging in this new behavior permanently. Include any revisions you will make to your plan/goals. (pts)