

## One Week Health Behavior Change Diary

(Sunday to Saturday Week)

<http://www.bettycjung.net/Pch201grids.htm>

**Due Date:** November 2, 2017 **Week of:** October 22nd - October 28th

**Name:**

**Health Behavior(s):** Vaping

**Date submitted:** November 2, 2017

<b>CATEGORY</b>	<b>POINTS</b>	<b>SCORE</b>
Used Template Clarity of Thought Coherence in organization  Grammar Punctuation  Spelling  6 pages Handbook Compliant	2	
Statement of Intent (Why this particular behavior)	2	
Daily log of your thoughts and actions during the week (There should be an entry for each day)	14	
Evaluate your health behavior change experience	3	
What Did You Learn From This Experience?	3	
Rate your future success with your	1	

behavior change		
<b>SUBTOTAL</b>	<b>25</b>	
<b>LATE/INCOMPLETE (-20% of total points)</b>	<b>(-20%)</b>	
<b>Missing grading grid</b>	<b>(-3)</b>	
<b>FINAL TOTAL POINTS</b>	<b>25</b>	

## Fall 2017 Health Behavior Diary

I found that in my daily life, I was very dependent on nicotine. It all started when I was a sophomore in high school. All of my friends had owned these little vape pens without nicotine. During a sleepover at one of their houses I was asked to try one of the vape pens. They knew that I didn't like that type of stuff but, they asked me anyways. I was very hesitant but said, "What would it even do to me?" One responded by stating, "There is no nicotine in it so, it isn't bad for you also, they taste so good." After many minutes I found myself trying the vape pen for the first time. I coughed a little bit but, I loved the taste that it provided. I kept using my friend's vape pen that night. The next couple weeks I would use them here and there but, I didn't want to buy one because I was scared at if my parents would find it. I finally purchased a cheap non nicotine vape for 20 dollars at the local gas station. I was using it every second trying to master the "smoke tricks." I started bringing it to school because, I would be freak out if I didn't use it during that time. After a month of being a "big vapor" I finally got too caught up using it too much that I left it in my sleepover bag. My mom was going to clean my clothes when she found my vape pen in my bag. She was very disappointed to say the least, and told my dad. They took it away from me and gave me a talking. Later that week I bought another one and needless to say I got caught once again by my parents. This time they were very concerned but knew I wasn't addicted because there was no nicotine. So, my dad gave me back both of my vape pens and told me to ration on the smoking and to near smoke nicotine. The whole rest of the year I used it only a little and never got nicotine. My junior year my friend handed me his box mod vape and told me to rip it. I took and big ripped and coughed so much, that I almost threw up. I looked at him and asked, "Why does this taste so strong." He told me that he had 3mg nicotine in there. After freaking out that I just tried nicotine, he told me to take 3 rips, all right after each other. I looked at him like he had two heads but, I did what he told me to do. I finished the third rip and my head started buzzing, and spinning. It was a very nice feeling and, before you know I started to vape 3mg. Ever since then I have been vaping on 3mg nicotine. This is a great topic to do for my health diary because it will give me the

opportunity to quit before it's too late. Also, to make my body healthy and smokeless.

I started off the week of quitting vaping by putting the vape in my car, so I wouldn't have immediate access to it. It was a very stressful day because, for two years in my life I have been smoking a vape every day. I tried taking my mind off the vape by doing some homework and studying. After a couple hours of that I found myself very stressed out and just needing a vape rip. I did some activities that I knew wouldn't stress me out like, working out and watching some TV. Once I finished my dinner the first night I found myself craving some nicotine. So, I walked to my car and brought it back to my room for the night, in which was only an hour. I was very upset to see I was so dependent on this vape. I woke up the next morning (Day 2), feeling very committed. Before attending my classes, I asked my friend if he would hold onto my vape for the week because, I told him about this project. He was more than happy to help me out, and hold onto it. I ate all of my meals and studied for a couple hours, getting little stressed out but not thinking too much of it. After, I went to the gym to get a good workout in. I found myself doing reps on reps, during this intense workout. I ended up staying for 2 and a half hours, which is an hour and a half more than I usually do. This feeling gave me the strength and mental toughness to not even think about ripping the vape. I felt great and, same with my body. Then, it started to get tougher on day three. I woke up with a headache, which made it hard for me to get out of bed but, I had to get up for class. I attended your class and we talked about the dangers of nicotine. It was eye-opening to me because, I didn't want to see myself going down that path of addiction. I took Advil to try and get the headache away knowing it was from the lack of nicotine. After a solid two hours the headache went away and I was finally feeling better today. I was trying to avoid the thought that I really needed some nicotine in my body. I just wanted to talk with someone and get me through this rough time. I went to bed sad, thinking about so many thoughts on vaping. The worst day of them all, day four. On Wednesday, I woke up with something worse than a headache, a migraine. I skipped my morning classes because I couldn't even think about the thought of getting up and doing work. I finally forced myself up because I had to eat, or else I was going to puke. On my way to Conn Hall, I noticed these kids vaping, making me crave it the most. My mind was all over the place on whether I even wanted to quit or not. So, I went to my friend's room to get my vape back from him. He was very upset because he saw the progress that I have already started, and kept saying no. After a couple minutes of convincing, I found myself ripping the vape. In that instance I was very upset with myself because I was already four days in so, I gave him back the vape and told him firmly, "Don't let me get the vape no matter how hard I try and convince you." He told me that I wasn't gonna rip it again this week, I was happy he was helping me out. The next morning (Day 5), I woke up very angry and, wanting to stop this whole health diary. I

went to my classes and was so stressed out in my room, not knowing what to do with myself. I finally just needed to talk to someone so, I called my dad. We talked and talked about the whole quitting the vape thing. He was very open minded about this whole thing, which made me unstressed. He told me, "It is very hard to just give something up when you've been doing it for years." But, harped more so on how bad nicotine is for you. I went to the gym and my body felt absolute great. But, there was one issue; I was still craving the vape. I kept my dad's voice in the back of my head. I texted my friend with the vape but, he wasn't answering because he was asleep. I just ended up going to bed not ripping the vape at all. The next day, was the day I knew it was over (Day 6). I got a call from my parents asking me how I was feeling, and how my health diary was going. They kept explaining how happy they were of me for maturing and turning into a young adult. This made me very proud and convinced that I didn't need a vape anymore in my life. They took me out to dinner to show for my accomplishments. I decided to hit the gym after to do arms, shoulders and, cardio. Usually I'm only at the gym for an hour but, I was there for 3 and a half hours. My body had this feeling that I haven't felt in a while. The last day of the health diary. I woke up in the morning not even thinking about a vape or the nicotine. I was so happy to see my parents happy, and everything finally was turning out better. I went up to my friend's room later that day telling him that he could continue using the vape. He was confused because it had been a week, and thought I came back for it. But, he was very wrong. I told him that he could keep it for life. His face was very happy and looked at me and said, "I'm proud that you committed yourself to this." That was great encouragement. Overall, I'm very glad that I decided to do my health diary on vaping because it will help me so much in the long run. My thoughts now after completing the health diary are, don't start something that will get you seriously addicted because, you're not addicted now so, why start? My actions also have changed juristically such as, I will not rip any vape or, feel the need to even have to. The health diary made me realize that I could have quit at any time but, I just wasn't committed to doing it. Now, after more and more studies it is starting to be a very serious problem around today's civilization and, I don't want to be a part of that. I took many values out of this health diary. One of them was happiness, my parents telling me how much I grew up and, of course them being very happy that I am going to better my health. Also, I realized that my health is going to be better all around. Since I stopped vaping, I can be at the gym for way longer and, not be short of breathe, like I usually am when I was vaping. I had a euphoric feeling of success because, I realized that this health diary worked out. Now I am not going to be addicted to the vape and more importantly the nicotine. So, now I won't be spending a lot of money on that useless stuff, and instead saving it for more important things. The health diary had a smooth ending but, it was a very rough beginning with a lot of barriers I encountered. Going cold

turkey on a vape after using one for over two years will really take a toll on your mind, making you want it more and more. Also, I found myself craving nicotine after every meal because I was full and just wanted a little bit of nicotine. Another barrier that was a challenge for me was having no one to talk to. When you get stressed out in your head and you keep it inside yourself, you're gonna start to go crazy. So, before talking to anyone all I could think about was just vaping and stopping all the problems. But, I learned that talking to people is the best support you can get. When you talk to someone you care about or a loved one, you really care about their opinion and, you'll change so you can make them satisfied. Knowing that, you could almost stop any bad habit if you have good moral support. Also, I learned that if you're not addicted to it now, then don't get addicted to it ever. It is so pointless to start a very harmful process and waste your money and life away, if you don't have too. That is just basic knowledge that every person should keep in the back of their head. This was a very difficult time quitting because, I had been doing it for too long but, I knew I needed to stop it soon. Seeing other people and classmates vaping made me crave it more and more. But, I toughened it out, and was very committed at doing this. Not only was I planning for my long term health but, also the money aspect of it. Vapes are not cheap, and you can lose them very easily and, you go through the juice very often. Altogether, I took out of this, that you shouldn't do something that isn't meant or necessary for your body, you only have one. The first question the girl provided I agreed the most on. The question stated, "Being a required assignment, did you find it easier." I very much agreed with this statement because, I would have never given it the time or day for quitting the vape. But, since this project opened my eyes and really made me realize that I did have a problem. So, I wanted to give it a shot and see if it would work, and if it didn't then there wouldn't be any issue to that. But, when I ended up doing the health diary I found it very easy to stop vaping. Also, when you would talk in class about how unhealthy the vape and nicotine is, it really opened up my mind and, made me want to change for the better. The next question I also agreed on because, by maintaining a healthy habit, why would you ever want to go back to the unhealthy one? The questions that you provided were very eye opening to me because each of the questions you could agree with. A question I disagreed on was maintaining the change as time went on. It has been a little over a week since I stopped vaping. I found that over time it makes it very easy because, you start to not think about it as much and, soon enough you won't even want to rip one. I was very surprised on my outcome for the health diary. I was not ever expecting that I would quit vaping, and thought that I would have one for the rest of my life. But, after doing this project it opened my mind, and changed my opinion drastically. During the week, I was not confident that I would be able to maintain this change. But, after I got great moral support from my parents, it made it 1000x times easier. They called and

talked to me asking me how I was and, telling me how proud they were of me. This was the type of support that could help anyone with an addiction. After making this change, I believe that I will never again rip any type of smoking device. I feel as if they are so useless, and only cause addiction. I'm not very convinced that I can tell people to stop this bad habit. Many people around me told me to stop for years but, I never gave them the time of day. But, once you hear the right people, it can be a positive change on your life. It has been a little over 4 days since the week was up for the health diary log. I found that I maintained this diary by not ripping vapes anymore. Now, I see people ripping them and, don't even feel the need to even do it anymore. I am very glad I chose my topic on this, because I hope it will get me a good grade and, I stopped a very bad habit. Overall, the only way that it was possible for me to quit was to have the right people supporting me. My parents were a huge help in this big change. I didn't want to go down the same path as my father, and he though the same exact ting. My mother gave me such great moral support by calling me every night, asking me how I was feeling etc. If you have the right people that are trying to help you for the better, that is the best support you can possibly have.

# Health Behavior Diary

## Selected Behavior: Vaping

**Statement of Intent** I have decided that I'm going to try and stop vaping. I have been very dependent on it since I was 16 years old. Many people around me that vaped agreed that it was not harmful for your body, and it tasted very good. But, little did I know there are many unspoken chemicals in vape liquids that we won't know about until further research, which could take a very long time. After, looking into this and hearing about it I was very concerned to say the least. I hope the outcome of the health diary can make me a healthier person and give a good lesson to me. There is many harmful things in vapes and, I do not want to go down that road of addiction. My father is addicted to cigarettes and seeing him so dependent, I would not like to be like that in the future.

## One-week Daily Log

Day 1	Sunday	Date: 10/22/2017
Today was a very stressful and long day. I put my vape away in my car and did not want to find myself using it at all. I tried taking my mind off of it by doing some homework and studying. When I started to get stressed out I needed my vape the most at that point. But, I started doing activities that aren't stressful like, working out and just watching tv. Later that day after I finished my dinner, and I was craving just one vape rip. Needless to say, I found myself using the vape for the rest of my night which was only like an hour.		
Day 2	Monday	Date: 10/23/2017
Day two, I wanted to finally make a change and woke up committed. I lent my vape to my friend that was looking for one to use for a couple days. I thought this would be the perfect opportunity to stop my addiction short. I went to all my classes and found that I didn't even feel the need to vape. I ate all my meals and felt nice for once, and not balloted with smoke. That night I went to the gym to get a good workout in. I ended up overstaying by two hours. My body felt so clear and good, which made me want to continue thriving on my workout. After realizing how nice my body felt, I didn't even want to think about ripping a vape.		
Day 3	Tuesday	Date: 10/24/2017
Day three, I woke up with a killer headache. I went too health and wellness and we were talking about how nicotine can really affect the human body. It made me very concerned listening about the issues that nicotine does. So, I was convened that I needed to stop before it was too late. I knew the headache was due to the lack of nicotine. I took Advil to hopefully get rid of the pain. After a couple of hours it finally went away, and I continued on with my regular day. Going to eat my meals, then hitting the gym and, going to bed.		

<b>Day 4</b>	<b>Wednesday</b>	<b>Date: 10/25/2017</b>
<p>Day Four, I woke up again with a migraine that was making my head throb. I skipped my morning classes because I had a puke feeling. I wasn't very hungry and, just hug out in my room until lunch. On my way to Conn, I saw people vaping and it really made me crave not only for the nicotine but, the flavor of the vape. I asked my friend back for my vape but, he would not give it to me knowing that I'm doing this health diary. After a long convincing talk, I ripped the vape a couple times, and gave it back to him cause I was already four days in.</p>		
<b>Day 5</b>	<b>Thursday</b>	<b>Date: 10/26/2017</b>
<p>Day Five, I just wanted to give up on this whole health diary and just continue on with my addiction. I got out of classes and had a long talk with my dad. He was very open minded to what I had to say. He agreed that it is very tough to just quit but, it was a good thing that I did. After this phone call it made me realize that I don't need a vape to enjoy life and, that I didn't want to be dependent on anything yet. I went to the gym early and felt the best I have felt in a long time. I ate dinner and came back to my dorm, wanting some nicotine. I kept in the back of my mind what me and my dad just talked about but, I kept thinking a couple rips won't hurt. My friend lucky was in bed and I didn't rip the vape at all, even with these cravings.</p>		
<b>Day 6</b>	<b>Friday</b>	<b>Date: 10/26/2017</b>
<p>Day Six, I woke up feeling like a new person. For once, I didn't even think about the vape what so ever. I went to all my classes and ate very healthy meals. I went to the gym and worked out for three hours doing arms, shoulders and, cardio. My parents called me asking how my health diary was going. I told them the progress I have made and they were very happy with my results. This made it very easy to stop vaping because now I knew who I was affecting. They brought me out to dinner and couldn't stop saying how proud they were of me. This was the greatest I've felt in a while.</p>		
<b>Day 7</b>	<b>Saturday</b>	<b>Date: 10/27/2017</b>
<p>Day Seven, the last day of the health diary. I was so committed that I knew I didn't even have to do this diary anymore to stop vaping. I texted my friend with the vape telling him that he could continue to use it and keep it. He was very surprised how I quit vaping so quick. I told my parents about the news of giving my vape away and, they were so happy that I was finally very committed on bettering myself. I thanked them for being so supportive during all of this. I went to the gym later that day feeling like a million bucks.</p>		

## Health Behavior Change Experience Evaluation Grid

Q	Statement	Disagree ←→Agree				
1	Being a required assignment help making the change easier	1	2	3	4	x
2	Maintaining the change got easier as time went on	1	2	3	4	X
3	Maintaining the change got harder as time went on	1	x	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	x	4	5
5	I wasn't sure if I could maintain the change for a whole week	1	2	3	x	5
6	I was confident, as the week went on, that I can maintain the change	1	2	3	4	x
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	3	4	X
8	The change will be beneficial for my health in the long run	1	2	3	4	X
9	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	x	4	5

### What Did You Learn from This Experience?

This week I learned a lot about my addiction to vaping and nicotine. I decided to give it up because I didn't want to get addicted like my father. What motivated me was my peers, family and working out. I found that working out made me feel better about myself and got my mind off of vaping. My peers helped me by, not allowing me to vape or, avoiding doing it in front of me. Most importantly, I found that my parents had a major role in this because they really made me committed about better myself and, I don't want them to see me go down that path.

### Rate Your Future Success with Your Health Behavior Change

100%