

## Fall 2014 Extra-credit Two-Week Continuation Health Behavior Diary Template

**Due Date: December 2, 2014**  
**Weeks of: 11/9/14 – 11/22/14**  
**Health Behavior: Limited iPhone Use**  
**Date submitted: December 2, 2014**

<b>CATEGORY</b>			<b>POINTS</b>	<b>SCORE</b>
Used Template  Grammar 4 pages	Clarity of Thought  Punctuation	Coherence in organization Spelling	<b>.50</b>	
Statement of Intent -  (Why you decided to continue this change)			<b>.50</b>	
Daily log of your thoughts and actions during the week  (There should be an entry for each day)			<b>4</b>	
Evaluate your health behavior change experience			<b>5</b>	
What Did You Learn From This Experience?			<b>2</b>	
Rate your future success with your behavior change			<b>.50</b>	
<b>SUBTOTAL</b>			<b>12.50</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>12.50</b>	

## Extra-Credit Two-week Continuation Health Behavior Diary

### Selected Behavior: Limited iPhone Use

#### Statement of Intent

I decided to continue this health diary because I truly wanted to see if I could actually maintain the limited time I used my phone. It was a matter of challenging and seeing how hard I could push myself. The over use of my phone is just constant nonsense so by continuing this I thought it would be a great way for me to stay healthy. I hope by the end of these 2 weeks, I am able to delete some of my networking sites such as Facebook because that would be a huge accomplishment and I believe this will essentially help me move on. However, on a side note, this is slightly for extra-credit too.

#### Additional Two-Week Daily Log

Day 8	Sunday	Date: 11/09/2014
<b>As I continue to limit myself from my phone, today was such a relaxing day with all my homework done that I decided to spend time with my family. Shopping was on the list today and my phone was tucked in my purse with no reach of it at all. As I spent time with my mom and my sister, we had such great conversation that I didn't even think about who was trying to call me or text me. My mission today was to enjoy the day and that's what I did. It felt great not being invested in my phone.</b>		
Day 9	Monday	Date: 11/10/2014
<b>Today was the usual day at work, but I realized that I never touched my phone until my lunch break, which only had like one text message and I didn't even feel the need to respond because it wasn't extremely important and it could wait. So on my lunch break, I just went home like I usually do and ate my lunch and conversed with my dad and my sister. Believe it or not, it was actually nice; I wasn't buried in my phone! As soon as I came home that night, I left my phone in my room and went downstairs to study because I knew the last thing I</b>		

<b>needed was someone to bother me. I think today went very well and believe the next week and half will go pretty smoothly.</b>		
<b>Day 10</b>	<b>Tuesday</b>	<b>Date: 11/11/2014</b>
<p><b>As I arrived at school this morning, I headed to my first class where I am allowed to set my phone down in front of the class. I've done this earlier in the semester, which helps me a lot because otherwise I would be checking that thing at least 20 times during class. By having my phone set on the table during class, I have realized that I don't need it 24/7. Actually it's almost like a hassle to keep checking it during class because I would become so anxious, it was like a disease. So I am very grateful that I have the opportunity to have something "taken away" from me.</b></p>		
<b>Day 11</b>	<b>Wednesday</b>	<b>Date: 11/12/2014</b>
<p><b>Another day at work arrived and was crazy as ever. As soon as I walked into my classroom, I just wanted to leave immediately. When my lunch came along, I headed home again and just lied in my bed while my phone just charged until it was time for me to head back to work. As I headed back to work until my day was done, I've realized that I liked this new change instilled in me. I was feeling more relaxed on my lunch breaks as I wasn't being bombarded with messages and updates. It felt great to have some time to myself and engage with my family instead and looking forward to my new and improved lunch breaks!</b></p>		
<b>Day 12</b>	<b>Thursday</b>	<b>Date: 11/13/2014</b>
<p><b>Just another school day approached and I was feeling great. As no texts or calls were found on my phone all day (which was pretty surprising), I felt no pressure to check anything. Surprisingly, I wasn't even worried! It was wonderful to go through a day of school without someone complaining or having to ask me abundance of questions. In a sense, I felt relieved.</b></p>		
<b>Day 13</b>	<b>Friday</b>	<b>Date: 11/14/2014</b>
<p><b>Today I felt great because of the all progress I have made</b></p>		

throughout the past few weeks. It was Friday so that meant a very hectic, yet early day so I didn't need any interruptions. Usually when I get out of work on a Friday, I am all over my phone because I want to see what the plan is for the weekend, but today I only got a few messages that I responded to. At this point, I wasn't too fond of responding to texts because all I wanted to do was go home and relax, I didn't NEED to go out like I usually did, it wasn't my first priority.

**Day 14**

**Saturday**

**Date: 11/15/2014**

Yesterday was a super hectic day and I thought about how my phone doesn't need to be my first priority because there are other things that can be fun besides being buried in the social media. So today I decided shut off my phone and run a couple errands without the disturbance of anyone. It actually worked out great as I got all my errands done and even had time to do some shopping. By turning my off my phone, it enabled me to focus on myself and what I needed to get done. Today was super successful.

**Day 15**

**Sunday**

**Date: 11/16/2014**

Well today I usually go to church in the morning and then spend of the day doing some homework. At church, my phone is usually on silent, but today I decided to shut it off so I had no temptation of checking it during mass. This actually worked out better than I anticipated because I forgot about my phone when I was working on my homework and studying. It was actually frightening. But it allowed me to concentrate a lot harder and become more focused on my studies.

**Day 16**

**Monday**

**Date: 11/17/2014**

Today I was lucky to have the day off from work, which was great because it enabled me to catch up on homework. I did the usual shut off of my alarm and then did the usual routine until it was time to get some work done. I had no intention of checking up on media sites since I had time in the morning. I knew it wasn't good for me and I didn't want to start back up and cause more problems for myself. I didn't want to get

<b>addicted again, this was a time for me to change for the better and by leaving my phone on the charger as I prepared myself for the day, it was the best idea I could have. My homework got done and my level of focus was a 10.</b>		
<b>Day 17</b>	<b>Tuesday</b>	<b>Date: 11/18/2014</b>
<b>As I went to school this morning and arrived home that afternoon, I immediately began my homework. During that time, my sister tells me that listening to classical music will help me concentrate so that evening; I put some classical music on. Even though it was on through my phone, I just kept the music going and surprisingly that really works. Even with my phone right next to me I wasn't encouraged to use it, I was very settled into what I was doing. It was extremely helpful.</b>		
<b>Day 18</b>	<b>Wednesday</b>	<b>Date: 11/19/2014</b>
<b>Walking into work today, I knew it was going to be a long day since I was staying until 7pm. It was a pretty easy day today, but all I wanted was to go home and not even think about my phone. It was 655pm and the last parent came and I finally got home around 730. But then I saw message after message on my phone and I just ignored them all. It was too late for me to start making conversations as I was stressed and felt exhausted. I usually would answer them, but tonight I just wanted a night to myself and that's exactly what I did.</b>		
<b>Day 19</b>	<b>Thursday</b>	<b>Date: 11/20/2014</b>
<b>Knowing today I would have an abundance of work to get done before the holiday, I arrived at school again with a great attitude. I was making great progress and was glad I had a full day of school to show myself that. The usual gym outing was prepared after school and that night I decided to do a small amount of work and then take the rest of the time to myself. I relaxed with my phone sitting in the other room while I sat and drank tea and watched movies. I needed the relaxation and no disturbances as tomorrow was going to be a very busy day with the usual Thanksgiving get together with families.</b>		
<b>Day 20</b>	<b>Friday</b>	<b>Date: 11/21/2014</b>

**So today began a busy day as it was our Thanksgiving Friendship Feast at work. I couldn't waste time checking my phone in the closet for all those "Hope your day is going well" or "Don't worry today won't be as bad as you think." When it came time to celebrate with all the families, checking my phone didn't even cross my mind and it was a very successful day! I was extremely proud of myself that I didn't have any temptation to go into the closet (even when I had free time). I guess when you have so many other events going on, you don't even think about who is contacting you. What a great day.**

**Day 21**

**Saturday**

**Date: 11/22/2014**

**As I was so exhausted with yesterday's festivities, I took today to embrace what a great job I have done and how far I have progressed. But most of all, I was looking forward to my coworker's Christmas candle party that evening. I attended with my sister and there were several people at the party which enabled me to become social. As I did this, my phone was shoved into my pocket so I was able to take some pictures and only pictures. It was nice to engage in conversation with new and old friends without a phone by my side.**

### Health Behavior Change Experience Evaluation Grid

Q	Statement	Disagree ←→ Agree				
1	Being an extra-credit assignment made it easier to make and maintain the change	1	2	x	4	5
2	Maintaining the change got easier as time went on	1	2	3	x	5
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	3	x	5
5	I wasn't sure if I could maintain the change for another 2 weeks	1	2	x	4	5
6	I was confident after the first week that I could go on for another 2 weeks	1	2	x	4	5

Q	Statement	Disagree ←→ Agree				
7	The additional two weeks helped me to be more successful than I was during the first week	1	2	3	x	5
8	After making and maintaining the change for 3 weeks, I know I can make it a permanent change	1	2	x	4	5
9	The change will be beneficial for my health in the long run	1	2	3	4	x
10	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	x

### What Did You Learn From This Experience?

During the 3 week experience, this health additional health diary has exceeded my expectations as it enabled me to adjust to a different lifestyle change. It essentially made me think of all the other wonderful things there are in the world besides just a person's phone. During this process, I was able to stay on track with limiting my time on my phone and understood that it's okay to branch out from the networking. Not only was I able to have more freedom in a sense, but I accepted the fact that I could undergo this difficult challenge and maintain a steady change throughout a few weeks. However, the most important aspect of this health diary that I've learned is that the less I am on my phone, the more focused and social I become. I am incredibly glad I chose the opportunity to engage in this extra credit because I believe it really changed my attitude towards how I use my phone.

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

Honestly, I think it will be about an 85-90% change within maintaining this change.

85-90%
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**Revised 7/10/2014**