

Health Behavior Diary

Selected Behavior: Limit Facebook Use

Statement of Intent

The particular behavior that I have decided to change does not deal with nutrition, or exercise, but rather, distractions in daily life. As soon as I get home from school, track practice, wake up in the morning, or even before I take a shower, I am on 'facebook'. I constantly use the social media site to talk with friends, and stay connected with those whom I do not see on a daily basis. Once or twice a day would be fine, but I am on it six to eight times in a matter of hours. It has gotten to the point where I will show up late to school or events because I could not stop looking at 'facebook'. Sometimes I am not even talking to anyone; I may just be looking at people's profiles, (some whom I don't even know!) or sifting through my newsfeed to see what is going on in others people's lives. The time spent on this social media site could be better used; for example, doing homework, being on time to events, getting prepared for the next day, etc. Strangely enough, I feel that all of this time spend on 'facebook' and other social media sites interferes with my real-life communication/social skills. Probably, because I am just interacting with people online for most of the day.

Therefore, I have decided to stop this craziness, and limit my time on 'facebook' to once a day (approximately 15 minutes total) In doing this I hope to achieve a greater productivity rate; for example, doing homework in a reasonable amount of time, being on time to school and practice. I also hope to achieve being more social in the 'real-world' instead of being on my computer 24/7. I hope this works! So here goes nothing!

One-week Daily Log

Day 1	Sunday	Date: 2/2/2014
<p>As day 1 has come to a close, I must say that I feel a little ‘weird’. I am sticking true to my behavioral change, but something just feels off. I feel a little disconnected from the world. Although today, I was on time to practice- This felt extremely good. I was a lot more prepared for the run, and felt a little more ‘fresh’. When I was doing homework at night to prepare for the school week, I was trying to find other things to distract me, so my homework took a little longer than it should have. Maybe it just takes some time to get used to this behavioral change.</p>		
Day 2	Monday	Date: 2/3/2014
<p>Day 2 has come to an end. I really have an urge to continue using ‘facebook’ to see what is going on in everyone’s life, but I continue to fight it. I notice a greater level of ‘preparedness’ and am on time for most, if not all, of my school events and practice. One barrier I continue to face is that, I still try to use other forms of media; such as, phones, ipads, etc. to procrastinate homework, and other daily hassles going on in my life. All in all, I feel the itch to continue using facebook, but I am still going strong!</p>		
Day 3	Tuesday	Date: 2/4/2014
<p>So far, day 3 has proved to be the easiest day out of the week. I am starting to realize all of the benefits that come along with my behavioral change. I have actually become much more efficient in school and practice. I am on time to all of my classes, feeling much more comfortable in everything that I am doing in school,</p>		

and with running. I have especially noticed an increase in my athletic performance (when it comes to track) I am more focused on what I am doing; rather than, what others are doing with their lives. I really think this behavioral change was for the best. Although, I am still taking an obscene amount of time to do my homework- This may not be because of facebook, but rather, I just DON'T like doing homework!

Day 4

Wednesday

Date: 2/5/2014

Each day of the week continues to get better. I am not currently facing any barriers in dealing with looking at facebook. I would much rather have the benefits that are stated in Day 3, than rather, spending time on a social media site. I have come face to face in dealing with homework, and found that when I truly focus, I am able to get it done in a decent amount of time. School and track are both going excellent. This behavioral change was really the right move for me.

Day 5

Thursday

Date: 2/6/2014

As stated in Day's 3 and 4, I feel great! On Thursday, I actually didn't go on 'facebook' at all. I did not have the urge. I am enjoying this behavioral change. I did not think it would be this easy, but it turns out that I don't need social media sites; such as, 'facebook,' or 'instagram'. At this point, if I desperately need to talk to friends, I will call them, or meet them in person and have lunch. I feel that along with this behavior change, I have become a bit more social. I'm not being forced to interact with others in the real world, I actually enjoy doing it much more than I would on 'facebook'.

Day 6

Friday

Date: 2/7/2014

As stated in days 3-6, I am loving life without the social media distractions. I am on

time, doing well in sports, and have found that I have more time to do other things; such as, having more time to cook well-balanced meals for dinner. Tonight, I cooked salmon with brown rice and some macaroni and cheese, also a side of asparagus. I am thinking that tomorrow, I will complete the change, and delete my facebook! This has proven to be one of my better ideas.

Day 7

Saturday

Date: 2/8/2014

The week is complete, and I feel fantastic. Day's 1 and 2 proved to be a bit of a struggle getting used to the behavior change. BUT day's 3-7 went amazing! This behavioral change was really no trouble at all. I feel fantastic. I am on time for everything, more prepared, academic and athletic performance(s) both seem to have a linear progression in the right direction. I use my 15 minutes once a day, and sometimes not at all. I think I am going to end the week by deleting my facebook. I really have no need for it at this point. I have found that I enjoy talking to people in person, than on a social media site. I feel that this is the right move for me, and am really glad that I was able to do this project!

Evaluate Your Health Behavior Change Experience

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

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	3	4	5
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What Did You Learn From This Experience?

A great week overall. I feel that this behavioral change went much smoother than I originally thought it would be. At first (days 1 and 2) I was a little nervous about the change. I did have some urges to go on to facebook to void time, but I withstood them. After day 2, everything went a lot smoother. I began to realize the benefits that came along with the behavioral change. I became more prominent, on time, and overall felt better about everything I was participating in. I have become more comfortable and relaxed. I really did not face any barriers besides days 1 and 2- the urges to go on facebook. And those were minimal at the most. My main motivators were the benefits I was experiencing due to the lifestyle change. The benefits most-definitely outweighed the barriers.

From this experience I learned that without a distraction; such as, facebook, I could be a lot more efficient. On day 7 of the week, I deleted my facebook. It is still gone to this day, and I could not feel better. So, I guess you could say that this is a permanent change!

Rate Your Future Success with Your Health Behavior Change

90	%
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Revised 10/4/13