

Fall 2014 Health Behavior Diary Template

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

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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Due Date:

Week of:

Name:

Health Behavior(s): Turning Cell phone off after work

Date submitted:

CATEGORY			POINTS	SCORE
Used Template Grammar 6 pages	Clarity of Thought Punctuation	Coherence in organization Spelling	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 behavior change			1	
SUBTOTAL			25	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
FINAL TOTAL POINTS			25	

Health Behavior Diary

Selected Behavior: Turning off Cell Phone after work.

Statement of Intent

I decided to make the decision to turn my cell phone off at nine o'clock pm. (9:00 pm) for many reasons. The main reason I decided to make this change for my health behavior diary so that I can improve on my sleep schedule. My daily life at bed time is I lay in bed till hours on end till I am tired and scroll through the social networks, and also text message. For instance I go down my news feed on face-book and Instagram. The time varies when I actually turn my cell phone off and go to bed. The amount of sleep I usually get is five hours which is not healthy for my body or me as an individual. When I get five hours of sleep I can't focus on my daily life activities and priorities that have to be done. I work two jobs and they are not easy jobs, I take care of a client at home thirty hours a week and 12 hours a week at a nursing home, taking care of patients that can't help themselves in any matter. At the same time I am a full time student at Southern Connecticut and commute which is an hour drive from my house to school. Through making this difficult decision I am hoping I get at least seven to eight hours of sleep at night with no disturbance or distraction.

An example that happens to me at least five out of the seven days a week I will be in a deep sleep and my phone will start to ring or go off with text messages, incoming calls, face-book and Instagram notifications. When I hear these noises I suddenly wake up and can't fall back asleep which means I am up all night and tired the rest of the day. Of course while I wake up I respond back to the calls I received or the text messages which I shouldn't do. I hope to achieve more sleep so that way I am well rested for my long days at work and school and less use of social networking this week.

One-week Daily Log

Day 1	Sunday	Date: 09/28/2014
The first night turning my phone off completely at 9:00 pm. Was a success even though I woke up at seven am. And had ten text messages and five notifications from face-book and three from Instagram. I slept ten hours straight with no distractions or disturbances. I was well rested to start my day especially because I work five till midnight every Monday at my homecare job in New Hartford which is a twenty minute drive to my destination. I was having withdrawals because I do keep my phone on me 24/7 and am always on it. Honestly, it's like my life which is sad but it has all my information and most of my communication for work and school is done through my phone. At the same time it was nice to go to sleep with no distractions or having disturbance. Another pro to turning my phone off was I had more energy for the day, not falling asleep half way through my shift at work and felt healthier.		
Day 2	Monday	Date: 09/29/2014
This is the second night I have turned my cell phone off at 9:00 pm. It was definitely		

easier than the first night but still had temptations. I left work at 11:00 at night and still left my phone off driving home, which wasn't a smart idea just in-case I got pulled over or an emergency. I never know when I am going to leave work on the weekdays it varies. I decided to change the time of turning off my cell phone from 9:00 to when I get into bed at night, because it wasn't a smart idea while driving home or still at work to keep my phone off. This morning I woke up and turned my cell phone on and had three text messages, 4 face-book notification, and 0 Instagram notifications. I slept well for the second night with no distractions, I slept six full hours of sleep. Which is better than what I usually get, so I won't complain. The temptation of having my phone on is still happening because it's an addiction and it's only the second night of making my change.

Day 3	Tuesday	Date: 09/30/2014
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The third night was better than the first two nights, I slept ten hours and I am well rested and was ready for the day to start after turning my cell phone off at 10:00 when I went to bed. Having no distractions, light in your face from your cell phone, disturbances, un-necessary drama before bed makes a huge difference. When I woke up I had only one text message and 1 missed call. I received no face-book or Instagram notifications which was nice. Although I think about if I didn't turn my cell phone off I would have woken up and not went back to sleep which, would cause no energy for the day and become lazy. Turing my phone off after work is working better because my dad likes to call me to see when I am coming home from work, just in case an emergency or I had an accident because I get out of work late and have a decent commute from work to my house. At the same time I would rather be on the safe side after all.

Day 4	Wednesday	Date: 10/1/2014
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I got home from work at 10:30 pm I immediately turned my cell phone off. I got seven hours of sleep which for me is very good. Tuesday and Thursday are my long days at school, I start at 8:10 until 4:30 pm. I drive an hour away and an hour back to school. I get back into town by 6:00 pm including traffic. When I woke up I received no text messages only two face-book notifications and 0 Instagram notifications. Getting at least seven to eight hours of sleep is enough to get you through the day. I am thinking about turning my phone off after work all the time. This change has made a positive impact on my life and a drastic change. I am a light sleeper and hear everything, even a footstep. So when my phone goes off I immediately wake up and never can fall back asleep. At first turning my phone off was awful since I am used to going on my phone constantly and talking to my boyfriend. He understands the situation and I am thankful for having this project to change my sleep habits and it has had a positive impact so far on my sleep schedule. Even though it's the middle of the week and I still have a couple more days and hope to catch up on more sleep and keep my energy level up.

Day 5	Thursday	Date: 10/2/2014
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I got home at 10:00 pm I turned my phone off as soon as I pulled in my drive way, so this way I could shower and be in bed by 10:30 with no distractions and it worked very well. I had to be to work for 7:00 am and work till 3:00 then my private duty job from 5:00- 9:30. It was a long day but, I slept eight and a half hours. In the beginning I didn't like turning my phone off but now that I have been doing it for

five days it is easier and definitely makes my sleep schedule a 360 degree turn around. I feel healthy and less tired. It is an amazing feeling to be able to actually sleep without waking up from either a text message, a phone call or even face-book and twitter notifications. I realize that to get through the day you need your sleep at night. Before I made this change I never shut my phone off I would be searching the web or face-book for hours till I actually got tired. I thought my eyes would begin to get tired from the light but it was starting to hurt my eyes and effecting my eye sight. Now I can see better and when I wake up in the morning It's not as blurry as it used to be.

Day 6	Friday	Date: 10/3/14
<p>Today was not a very good day. I got home at 12:30 at night from work, It is hard to say when I will arrive at home since my work time varies which I know isn't healthy but, at least I knew I didn't have to work until 5 pm on Saturday. I shut my phone off when I got home at 12:30 and took a shower and was in bed by 12:45. I was so tired I was falling asleep practically driving. I slept in till 12:00 Sat. morning and turned my cell phone on and I had received no texts, calls, and face-book or Instagram notifications. I feel like a lot of my friends got the hint that I turn my phone off since, I told them I was trying to turn my phone off for a school project, as soon as I get home from work. They said that sounded like a good idea and you will get more sleep instead of being on Face-book and social networks all night long. I am glad my friends understand that and especially since I work 2 jobs and almost every day, and go to school full time.</p>		
Day 7	Saturday	Date: 10/4/14
<p>Today is the last day of my trial for experimenting turning my phone off when I get home from work. When I first started this experiment I was going to turn off by 10:00 pm, which lasted one night. The reason was not because I didn't want to turn it off at 10:00 it was because, I have a light commute from my job to my house. Just in case an emergency I would have my phone on. I don't text and drive either. The phone was on just for an emergency or if something happened. I got home around 10:30 which wasn't bad, turned my phone off and was in bed by 11:00. I woke up at 7:00 to go out with my dad for a healthy breakfast which I still managed to get 8 hours of sleep. I felt well rested, was in a good mood and was happy. If I lack sleep I am very cranky. Turning off my phone was a habit now and honestly I didn't even realize I was turning my cell phone off. I am glad I feel healthier and more awake and happier since I made this change. When I woke up Sunday morning no text nothing from anyone. People got the hint and I am happy.</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	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

What Did You Learn From This Experience?

Honestly I am very happy with the outcome of my change in behavior. Turning off my phone when I get home from work was a great change to my life since I love my phone and love social networking. My phone is very important to me and it's like my baby. I was getting sick of staying up very late, till two or three am on my cell phone. I made this change because my sleep schedule was all messed up and I wasn't sleeping enough. I work two jobs and go to school full time. I was running off four or five hours of sleep before I started turning off my cell phone. I was very successful while changing my behavior. At first it was very difficult because like I said it was a habit and I had to break the habit. Just like people who smoke and are trying to quit. Nothing is easy when you have an addiction. I am going to make this a permanent change no doubt about that. I am satisfied with my sleeping pattern and it's a healthy habit and I don't even realize I turn my cell phone off after work, it just comes naturally. It also keeps my battery charged more and my eyes are not as blurry anymore from staring at the bright screen late at night.

Rate Your Future Success with Your Health Behavior Change

100%