

Fall 2018 Health Behavior Diary Template

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One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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Due Date: October 4, 2018

Week of: September 9-15, 2018

Name:

Health Behavior(s): Eat more fruit and vegetables

Date submitted: October 4, 2018

CATEGORY			POINTS	SCORE
Used Template	Clarity of Thought	Coherence in organization	2	
Grammar 6 pages	Punctuation Handbook Compliant	Spelling		
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: Eat more fruits and vegetables

Statement of Intent

I have decided to try to change my diet and make it healthier by eating more fruits and vegetables. I eat fruits and vegetables daily but I know I am not eating enough. Dietary guidelines encourage two servings of fruit and three servings of vegetables every day. My typical day usually consists of one serving of fruit and one serving of vegetables. I would like to increase my servings to meet the dietary guideline recommendations.

Eating more fruits and vegetable will hopefully make me feel better on the daily. I will be receiving more vitamins and minerals. I will hopefully have more energy throughout the day and feel less fatigued. By adding more fruits and vegetables every day, I will have a much healthier diet. This may result in weight loss. I may become fuller from eating healthier foods with more fiber in them that I may not crave as much unhealthy foods and junk foods. I want to form good habits by doing this assignment. I want to be able to grab a piece of fruit for a snack rather than unhealthy food. I want to form habits so that I do not have to feel forced to eat fruits and vegetables but rather enjoy eating them every day.

I hope to be able to achieve eating two servings of fruit and three servings of vegetables every day. I hope to feel all of the positive effects from this diet change. I hope to feel better by feeling less sluggish and have more energy throughout the day.

One-week Daily Log

Day 1	Sunday	Date: 09/09/2018
<p>Today I researched different ways to eat vegetables. I looked up different ways to cook them and ways to make them more enjoyable to eat. I found many easy recipes that actually made me want to cook them for myself.</p> <p>I went to the grocery store and purchased a wide variety of fruits and vegetables. I figured if I had them in my house I would be more likely to eat them. I bought cauliflower, broccoli, and a spring mix of lettuces, carrots, cucumbers, and peppers. I also bought apples, bananas, strawberries, blueberries, and peaches.</p> <p>I went home with a fridge full of fruits and vegetables. I had a salad and apple for lunch and then was excited to make dinner. I steamed some broccoli for dinner and for dessert I had a peach. Although I did not meet the dietary guideline recommendation for today, I increased my fruit and vegetable intake significantly from yesterday so I thought today was a success. I will strive to meet the goal of two servings of fruit and three servings of vegetables tomorrow.</p>		

Day 2	Monday	Date: 09/10/2018
<p>Today my goal was to eat a least 2 servings of fruit and 3 servings of vegetables. For breakfast I incorporated spinach, peppers, and onions into my eggs. I eat eggs almost every morning and I thought this was an easy way to add vegetables to my day. I also had a banana with my breakfast in replace of the toast or English muffin that I usually eat.</p> <p>I found myself hungry a few hours after breakfast so I went to get a snack. I ate an apple instead of the snacks I usually eat. I decided to help me eat more vegetables; I would eat a salad everyday for lunch. I topped my salad with cucumbers and tomatoes along with tuna. I enjoy eating salad so I will try to eat one every day.</p> <p>For dinner, I roasted cauliflower in the oven. I have never tried doing this before today. I brushed the cauliflower with olive oil and then sprinkled it with garlic powder. This was the most delicious vegetable I have ever eaten. I could not believe I could actually enjoy eating a vegetable this much.</p> <p>I then had strawberries and blueberries for dessert. I was very happy with how I did today. I ate 3 servings of fruit and about 4 servings of vegetables today. I was not only able to eat the recommended daily intake of fruits and vegetables but surpass them. Today felt very easy to eat what I was supposed to.</p>		
Day 3	Tuesday	Date: 09/11/2018
<p>I had morning practice and early classes today, so I did not have time to make my eggs this morning. For breakfast, I had a banana and granola bar. I had an apple and a salad with cucumbers, tomatoes, and chicken for lunch.</p> <p>I ate the left over cauliflower from yesterday with my dinner at night. Although my Tuesdays are busy, I was still able to fit in two servings of fruit and three servings of vegetables into my day. I was happy that although I was busy I did not make any excuses and I still ate the fruits and vegetables I needed to eat today. I proved to myself, I am never too busy to meet a goal.</p>		
Day 4	Wednesday	Date: 09/12/2018
<p>I had time this morning, so I made my eggs with spinach, peppers, and onions again. I had a peach for a snack. I struggled eating my salad for lunch today. As I was eating my salad I looked up different ways to spice up or change a salad to make it more fun to eat. I will try to spice it up for tomorrow's salad.</p> <p>For my dinner vegetable, I boiled carrots and added some olive oil and parsley</p>		

for some flavor. For dessert, I was craving chocolate but since I only had one serving of vegetable today I decided to change things up a little bit. I made chocolate covered strawberries to satisfy my need for chocolate but still get my second serving of fruit. Although today was a bit difficult I still managed to eat the recommended daily amount of fruit and vegetables.

Day 5	Thursday	Date: 09/13/2018
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I had another busy morning today. My breakfast consisted of an apple and a granola bar. For lunch, I added dried cranberries, a hardboiled egg, and cucumbers to my salad. This was a small change that made a huge difference. I loved the change in salad toppings and enjoyed eating my salad. I decided that changing what I put on my salad everyday will help me not get as bored as easily.

For dinner, I did not feel like eating my left over carrots from the night before. Instead, I made rice and mixed in a cup of sautéed peppers and a cup of sautéed onions. This not only tasted delicious but gave the rice so much more flavor. The best part was I felt like I was just eating rice and did not feel like it was difficult to eat the vegetables. For dessert, I had a banana.

Day 6	Friday	Date: 09/14/2018
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Friday's are always easy for me so I had time to make my favorite eggs again with spinach, peppers, and onions. I had that with some blueberries on the side. For a snack I had raw carrots with homemade hummus. For lunch, I had a salad with chicken, peppers, dried cranberries, and cucumbers. I found that the dried cranberries in salad helped to change up the boring salads I have been eating all the time.

For dinner, I had some of the leftover rice with the peppers and onions as well as the leftover carrots. I found today rather easy to eat all my vegetables. For dessert, I froze some grapes and enjoyed eating those before bed.

Day 7	Saturday	Date: 09/15/2018
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I was running low on fruit and vegetables being the end of the week but did not have time to go to the grocery store so I had to make it work. For breakfast I had eggs and a banana. I had carrots and crackers with hummus for a snack. I ran out of lettuce so I cut up some cucumbers and tomatoes and drizzled some balsamic vinaigrette on top. This was a good change and I really enjoyed my lunch.

For dinner, I ordered out and had pizza. I ordered a side salad with it which made me feel a little better and less guilty about eating pizza. For dessert I had

some more frozen grapes, which have turned into my new favorite dessert. I was proud of myself that even on a weekend I was able to eat my recommended servings of fruits and vegetables.

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	X	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	X
5	I wasn't sure if I could maintain the change for a whole week	1	X	3	4	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	3	4	X

Since this assignment was required, it did make it easier to change a behavior. It was easier for me to eat more fruits and vegetables because I thought of it as doing homework. Maintaining the change of eating more fruits and vegetables got much easier as the week went on. I started forming habits and daily routines such as eating salads for lunch. I did have to make changes in my life to maintain this behavior change. I had to stock up on a lot of fruits and vegetables to keep in my refrigerator so that I was more likely to eat them. I had to constantly remind myself to eat a fruit or vegetable rather than something else less healthy. I was very confident that I could maintain the change of eating more fruits and vegetables as the week went on.

I think it will be very possible for me to make this into a permanent change. I enjoyed eating more fruits and vegetables especially using the new recipes I found. I also enjoyed how much better I felt from consuming less junk food. This change will definitely be beneficial for my health in the long run. Eating more fruits and vegetables contributes to a balanced diet which can contribute to lower risk of developing chronic diseases and cancers. This behavior change has most definitely motivated me to continue to make more behavior changes in my life. I am excited to get healthy one step at a time and changing more lifestyle behaviors to be my healthiest self I can be.

What Did You Learn from This Experience?

Adding more fruit and vegetables into my diet was a lot easier than I thought it would have been. I realized that just by having them in my house and seeing them everyday helped to remind me to eat them. I found interesting new ways to eat vegetables that helped me to enjoy them more. I felt this week was very successful and I ate the recommended daily intake of two servings of fruit and three servings of vegetable almost every day.

One barrier that I encountered was getting bored with eating salad every day. I solved this problem by adding new things into my salad to provide a wider variety so that I did not feel like I was eating the same thing every day. By doing this, eating salads become more fun and it did not feel like a chore every day. The recommended dietary guidelines helped motivate me every day. I had a goal of at least two servings of fruit and at least three servings of vegetables every day and I tried my best to meet it.

This experience taught me that when you set your mind to a change and you are motivated to make that change, you will be capable of changing. Change is hard but if you are motivated and prepared, it is possible. It was not easy to eat that many fruits and vegetables everyday but it got easy as the week went on. I started forming a habit of grabbing a piece of fruit if I was hungry in between meals rather than grabbing an unhealthy snack. I found it easier to eat fruit than it was to eat vegetables. The new recipes I found made it easy though and I think with these new recipes, it will be easy to make this change a permanent one.

Adding more fruits and vegetables made me fuller. I found myself eating less junk food and other unhealthy foods. I am unsure if I lost weight because I do not have a scale at home but I feel as if I did. My stomach got noticeable flatter in the past week. I feel better and felt a lot less sluggish throughout the day and week.

I would have not changed anything during this week. I think this assignment was very successful for me to make a health behavior change and I am excited to use what I learned to make more health behaviors changes for the rest of my life.

Rate Your Future Success with Your Health Behavior Change

I believe that this has been a very successful week and I believe the habits I formed in this one week can continue on in my lifestyle. Adding more fruits and vegetables into my diet was not a difficult change and I think I can maintain this change throughout my life. I can now set an example and motivated my friends and family to consume more fruits and vegetables to have a healthier diet.

100%

Revised 6/18/18