

Fall 2018 Health Behavior Diary Template

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

CATEGORY	POINTS	SCORE
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 behavior change	1	
SUBTOTAL	25	
LATE/INCOMPLETE (- 20% of total points)	(-20%)	
Missing grading grid	(-3)	
FINAL TOTAL POINTS	25	

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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

Due Date: _____ September 19th, 2018 _____

Week of: _____

Name: _____

Health Behavior(s): _____ Limiting Phone Usage (at night) _____

Date submitted: _____

Health Behavior Diary

Selected Behavior: _____ Limiting Phone Usage (at night time) _____

Statement of Intent

My health behavior I chose for this assignment was limiting the use of my phone before bedtime. Every night after I am finished with all of my priorities, I tend to use my phone for a long period of time. Whether it be surfing the internet for the latest drama, scrolling through my social media accounts, checking snapchat, watching YouTube videos of the latest trends, I am always on my phone before I realize that I should probably go to bed. I end up staying on my phone for long periods of time, not even aware of the time that I have could have been using to sleep.

I have noticed for the past couple of months, maybe more, that I spend a couple hours every night before bed on my addictive device. I notice that going to sleep is much more challenging lately, almost as if my phone is keeping my brain awake and running for the next hour or two after using it. I also have noticed I wake up the next morning tired, unenergized, and groggy. In acting upon this behavioral change, I hope to receive more peaceful sleep and more energy to get up in the mornings. I feel that the amount of time I am spending on my phone at night has definitely taken a toll over my body and my sleep. I can tell it is not healthy for me. Therefore, I wish this change will benefit me, not only for this week, but for the following weeks as well.

One-week Daily Log

Day 1	Sunday	Date: 09/09/2018
<p>Being I wanted to limit my phone usage at night, I began my behavioral change last night in order to write about my experiences in the morning. Last night, after working on homework until around 10:00, I decided to not go on my phone for the rest of the time, only to set my alarm for the morning. Today, I woke up a little bit earlier than usual and had time to make myself breakfast. On weekends, like today, I normally wouldn't wake up until later but since I wanted to see the effects of not using my phone last night, I wanted to see if it made a difference. I didn't notice a difference other than that I felt slightly more awake than normal. I don't know if this is because I went to bed at a reasonable time or if I stayed off of my phone. Either way, I feel I am more awake than I would usually be, at this time of day.</p>		
Day 2	Monday	Date: 09/10/2018
<p>It is day 2 of my behavioral change and this morning I actually woke up without an alarm! I woke up around 8:20 and felt the need to get up, which is not normal for me. Last night, I did not go on my phone whatsoever before bed because I knew I wanted to get a good night's rest. My mom actually told me that I fell asleep about 20 minutes after I got into bed. This is substantially different from when I had been on my phone for long periods of time, before. I needed at least an hour to be able to relax myself and fall asleep. I always had to "count sheep," or use other tactics in order to do this. But not last night! An hour ago I woke up feeling refreshed and ready to start my day. Because I tend to wake up later in the day, I always feel I have missed out on so much. Today, I am able to catch up and get so much done in the beginning of the day.</p>		
Day 3	Tuesday	Date: 09/11/2018
<p>Today, I woke up this morning and decided to go to the gym. Going to the gym in the morning was something I usually do not do, but since I woke up energized and well rested I decided to give it a shot. Normally I don't work out in the morning, let alone before school, mostly because I am not up or just too tired. After hitting the gym, I felt much more awake and ready to start my day. Being I had a good night sleep last night, without the use of my phone, I was able to wake up early and actually go to the gym. I felt good about myself and felt healthy. I went home after the gym and headed to school. I had time to eat a good breakfast and start my school day. Throughout the course of my classes, I felt a little sore from the gym, but I had not been tired. I felt very awake and active in participation in all of my classes. I am very proud I got myself out of bed this morning to go to the gym and prepare myself for the rest of my day.</p>		
Day 4	Wednesday	Date: 09/12/2018

It is now day 4 of my behavioral change and I couldn't be happier. My legs are a little bit sore from the gym yesterday morning, but overall I feel great. Since I don't have classes until 3:25 on Wednesdays, I tend to not wake up until around 12 in the afternoon. However, I woke up early today to make breakfast for myself. Normally I never have time to make myself breakfast, maybe a bowl of cereal once and a while, but usually I stop at Starbucks to grab something to eat. This morning I made myself eggs, bacon, and some whole wheat toast, since I am trying to be healthier these days. I finished some papers that were due for class today and took my dogs for a walk. After, I concluded my day at school at 6:00. I got home and worked on homework and watched a couple YouTube videos. I wanted to make sure I wasn't on my phone for too long before I went to bed, so I stopped using it at around 7:15! I watched a movie with my family before I went right to sleep around 10:30 pm.

Day 5	Thursday	Date: 09/13/2018
--------------	-----------------	-------------------------

Last night, I knew I had a paper due for tomorrow morning at 8:10, but my printer was not managing to work. I figured I had to get up earlier than normal to go to the school library and print out my essay. I woke up this morning at 5:00 to shower, get ready, make breakfast, and make it to school with enough time to use the printer. I normally would be way too stressed out to get all of these tasks done if I hadn't gotten a good night's sleep. However, I did. I didn't go to bed too late last night, around 10:30, which is an okay time to go to bed, since I did have to get up early. Although, I was not tired at all. I fell asleep fairly quickly and woke up feeling energized and ready to get my tasks done. Waking up this morning was easy and getting my priorities done were even easier!

Day 6	Friday	Date: 09/14/2018
--------------	---------------	-------------------------

It is now day 6 of limiting the use of my phone before bedtime. Last night I slept at my friend's house after I got out of work. It was so tempting to use my phone before bed last night. All of my friends were on their devices, snapchatting, scrolling through Instagram, while I am laying down trying to sleep. I surprisingly did not give in, knowing I wanted to stick to my change. I woke up refreshed and early, while all of my friends were still sleeping. I thought it was funny to see how early I am up while I did not use my phone last night. On the other hand, they were up all night on their phones and they're still sleeping. I really have noticed such a change in my sleeping habits as well as my morning habits. Today, I did not have any classes or work to prioritize myself with, so I decided to take a trip to the gym again. I was so proud of myself for taking the time to get up early and get in a work out, especially after sleeping out at a friend's house.

Day 7	Saturday	Date: 09/15/2018
--------------	-----------------	-------------------------

Last night, I spent most of my time at a relative's birthday party, so I did not get the chance to go on my phone at all. I got home around 11:00, which is much later than what I've been used to during this week. I definitely noticed the amount of time I haven't been spending on my phone at night and how much it has affected me and my body. But, last night I noticed there was a lot less use of my phone overall. Whether it was the fact that I am breaking my nightly habit of using my phone, or I just so happened to be busy at the party last night. Either way, I am truly happy that I didn't spend much time on my phone last night, giving time to my family and just being in the moment. Today, I woke up awake and ready to start another day. I am so used to feeling this way in the morning that I never want to feel tired again. But that sounds inevitable. Today, I woke up around 9:00 to get homework done, make breakfast, and spend time at home with my family.

Health Behavior Change Experience Evaluation Grid

Q	Statement	Disagree Agree				
		1	2	3	4	5
1	Being a required assignment help making the change easier	1	2	3	X	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	X	2	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	X	2	3	4	5
6	I was confident, as the week went on, that I can maintain the change	1	X	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	X	5
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

What Did You Learn from This Experience?

This behavioral change has really taught me so much about such a simple task. I never thought being on my phone for a little while before bedtime would drastically impact my life, but it sure did. I am so proud of myself for acting upon this change to see its effects on my daily life, especially mornings. I feel I was very successful with limiting my phone use before bed. I maintained a routine to not go on after certain hours, as well as limiting my use of it after long periods of time. I encountered a couple challenges throughout the week, mostly temptation, when I saw others on their phones. When I slept at my friend's house, I noticed my friends using their phones before bed, just as I used to do. I was motivated to successfully complete this challenge, which helped me to get through the temptation and go to bed. This experience has taught me a lot about using my time wisely. When I used to be on my phone before bed, I would always wake up so late and practically waste my entire mornings. I would rarely be up to even make breakfast for myself and would sometimes be late, leaving me to rush out of the house. I learned that limiting my phone use allowed me to wake up early and refreshed, which gave me time to appreciate my mornings and get stuff done. I would say this behavioral change was no too hard. As I saw the outcomes of the change, it made me want to progress throughout the week. I can for sure make this a permanent change in my life, being that it has made an impact in my sleep schedule and my mornings. I am grateful for this project and I can't wait to further my change for the rest of my nights.

Rate Your Future Success with Your Health Behavior Change

90%