

Spring 2015 Extra-credit Two-Week Continuation Health Behavior Diary Template

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

Extra Credit Two-week Continuation Health Behavior Diary

(Sunday to Saturday (Week #2)

(Sunday to Saturday (Week#3)

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Due Date: _____ Spring 2015 _____

Weeks of: _____

Name: _____

Health Behavior: No Social Networks _____

Date submitted: _____

CATEGORY			POINTS	SCORE
Used Template Grammar 4 pages	Clarity of Thought Punctuation	Coherence in organization Spelling	.50	
Statement of Intent - (Why you decided to continue this change)			.50	
Daily log of your thoughts and actions during the week (There should be an entry for each day)			4	
Evaluate your health behavior change experience			5	
What Did You Learn From This Experience?			2	
Rate your future success with your behavior change			.50	
SUBTOTAL			12.50	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
FINAL TOTAL POINTS			12.50	

Extra-Credit Two-week Continuation Health Behavior Diary

Selected Behavior: _____ **No Social Networks**

Statement of Intent

With this assignment I hope to get into the habit of not having my phone in my hand for what seems like 24/7. I have decided to give up my social media applications because I feel I am constantly on my cell phone updating my applications. Sometimes I am on certain networks and see things that I do not want to, so with this assignment I am looking forward to not being bothered by things that I do not wish to see. I also hope that with choosing this selected behavior I can focus more on class and schoolwork because I will not really have a reason to be using my phone during class.

With these two weeks of extra credit I plan to continue the habit

Additional Two-Week Daily Log

Day 8	Sunday	Date: 02/15/2015
Today, the start of my second week without social networks, I did not even bring my cell phone out of the house with me when I went to run errands with my mom. I did not even have the urge to re-download the apps knowing my initial one week for the health diary is up.		
Day 9	Monday	Date: 02/16/2015
Today was a good day. Even though I had to head back to school, I did not even think about my social networks. My curiosity for what others are doing has been diminished and I have genuinely enjoyed the last 8 days without the applications. I have even found myself to not even pick up or check my phone unless I get a text or e-mail alert, so my phone in general has not really been in my hands that often.		
Day 10	Tuesday	Date: 02/17/2015
Another day without any urges. It is almost as if I never had the accounts to begin with. I get my work done without distractions and I pay attention 10x better in class, I feel than I ever did prior to this assignment. Because I am not up late doing assignments anymore like I used to be I have more time for sleep and I surprised myself by starting to read a book. I have not read a book for pleasure since my freshman year of college.		
Day 11	Wednesday	Date: 02/18/2015
One thing I realized today about this whole “experiment” is that as much as I find myself focusing on what is currently important whether it is in or out of the classroom, it is because I do not have the distraction of what is going on in social media sitting in the back of my mind while I am taking a test or at practice, for example. This lack of social networks is really allowing me to focus in 100% on what I truly need to put my time and effort into. I am definitely sleeping a lot better without it.		
Day 12	Thursday	Date: 02/19/2015

<p>Another successful day. I had no urges and was able to focus in class and on my homework assignments. It honestly feels as if I haven't had social media for more than these two weeks.</p>		
Day 13	Friday	Date: 02/20/2015
<p>With practice twice a day and class I am keeping busy rather than when I would open my social network applications as distractions and to pass the time. I find it better without them because we always complain about how time flies by at the blink of an eye, and I have realized that social networks contribute to that.</p>		
Day 14	Saturday	Date: 02/21/2015
<p>Today was actually very difficult. Even though it was the completion of 2 full weeks and I have done a good job up to this point, there was a lot going on today with stuff that involved social media. After practice this morning we received our new gear for the season and everyone on my team posted it on Instagram, which I really had planned on doing once we ended up getting our gear. However, I refrained. My coach had another teammate and I create social media accounts for our team so we sat down and did it on my teammate's phone. I even felt bad doing that on someone else's phone because I felt like I was breaking a rule. One more week! Hopefully it goes by pretty quickly.</p>		
Day 15	Sunday	Date: 02/22/2015
<p>It was an extremely relaxing day. I slept in and after making myself breakfast read my book. I ended up sitting in my bed for 3½ hours and finished my book. The time flew by, and as soon as I was finished all I wanted to do was start another book. Unfortunately, I don't have any other books at school with me.</p>		
Day 16	Monday	Date: 02/23/2015
<p>It is week 3 of the Health Diary extra credit assignment and it just seems like another day without distractions or tension. I feel as if at the end of this assignment I will re-download the applications, however, I truly believe I will not use them as often as I used to.</p>		
Day 17	Tuesday	Date: 02/24/2015
<p>I've realized that this week seems to be my easiest, and I piggy back off of what I said about feeling like I'm not going to use the social network applications nearly as much as I used to once I get them back on my phone. I have also realized how much I missed and enjoy reading a book for pleasure. I absolutely plan to pick up the habit of reading again.</p>		
Day 18	Wednesday	Date: 02/25/2015
<p>I am surprised it took me until the middle of week 3 of cutting out social media, that using it, no matter what time of day, really is a waste of time. I mean that in the sense that without having the applications and constantly having my phone in my hand, I feel like there is more time in my days over the past 2 and a half weeks. It is really nice to have so much free time, especially when I do not have an excess amount of schoolwork to do.</p>		
Day 19	Thursday	Date: 02/26/2015
<p>Not only do I have a ton of time at night between about 5pm and when I go to bed, (about 10pm each night) do I have a lot of time, but during the day as well. It is so nice to not feel rushed or like I have to cram for anything. Besides having had the urge to check my phone for notifications even if it did not light up, I do not even</p>		

grab it without the applications being on my phone. It is one less distraction I have had these past 3 weeks.		
Day 20	Friday	Date: 02/27/2015
Every Monday, Wednesday, and Friday I stay on campus all day until practice at 4pm. I finish class at noon, so today I decided to check out a book from the library. In my 4 years at Southern I have never checked out a book. I ended up checking out two books and used my spare time to read, when normally I would use my spare time to just stare at my phone until the time passed.		
Day 21	Saturday	Date: 02/28/2015
Today is the final day of my Health Diary weeks 2 and 3. This last week (week 3) I would have to say has been my easiest week, I think because at this point, weeks one and two were enough to “kick my habit.” I do plan on re-downloading the applications tomorrow, but that is even if I think about doing so. I do not have any anxious feelings today because it is my last day, but more feelings of excitement because I am honestly surprised I was able to do so well at giving up social media for 3 weeks.		

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					5
2	Maintaining the change got easier as time went on					5
3	Maintaining the change got harder as time went on		2			
4	I had to make changes in my life to maintain the behavior change			3		
5	I wasn't sure if I could maintain the change for another 2 weeks		2			
6	I was confident after the first week that I could go on for another 2 weeks				4	
7	The additional two weeks helped me to be more successful than I was during the first week				4	
8	After making and maintaining the change for 3 weeks, I know I can make it a permanent change			3		
9	The change will be beneficial for my health in the long run				4	
10	Based on my experience with this behavior change I know I can make other changes in my life to improve my health				4	

What Did You Learn From This Experience?

I really enjoyed doing the full 3 weeks of the Health Diary, and very glad I chose the behavior that I did. The 2 extra weeks definitely got easier as they went along and I started to notice a lot of things about my health by cutting out social networks. I was not only sleeping better, but was able to get to bed at an earlier time. I was able to get my schoolwork done more efficiently without the distraction of my cell phone, and in class as well. I believe that I will be able to keep the habit of no longer using my cell phone as much and the social networks as well. I already found that I rarely even go on my twitter anymore since I have gotten back, and am definitely not checking the other social networks nearly half as often as I used to.

Rate Your Future Success With Your Health Behavior Change

65%
