

## One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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

**Due Date:** 4/1/21 \_\_\_\_\_

**Week of:** 3/22/21 – 3/27/21 \_\_\_\_\_

**Name:** Sarah Student \_\_\_\_\_

**Health Behavior(s):** No Junk Food for a Week

**Date submitted:** 3/31/21 \_\_\_\_\_

CATEGORY			POINTS	SCORE
Used Template  Grammar 6 pages	Clarity of Thought  Punctuation Handbook Compliant	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?			2	
Rate your future success with your behavior change			1	
<b>SUBTOTAL</b>			<b>24</b>	
<b>LATE/INCOMPLETE (- 20% of total points)</b>			<b>(-20%)</b>	
<b>Missing grading grid</b>			<b>(-3)</b>	
<b>FINAL TOTAL POINTS</b>			<b>24</b>	

## Health Behavior Diary

### Selected Behavior: Avoiding Junk Food for a Week

#### Statement of Intent

I chose to avoid junk food for a week for this health behavior diary assignment because not only is junk food unhealthy and sets me back in terms of my physical fitness goals, but I have also noticed that it produces several negative psychological effects on my mind. I often find myself feeling guilty and full of regret after eating too much junk food. I seem to go through a cycle of eating healthy throughout the day, as I love nearly every fruit and vegetable and have never been a picky eater, but then I ruin my well-balanced diet after dinner by eating too much junk food, leaving me feeling gross and with a stomachache. Sometimes I even go to the bathroom and look at my stomach in the mirror to see if it is noticeable that I just ate a large amount of junk food, which typically leaves me feeling insecure and lacking self-confidence. I really want to reverse this habit and see if I am capable of going without junk food for a week, as I believe it will have positive effects on my physical and mental health if I am successful. By the end of the week, I hope to adopt a better relationship between food, my body, and my mind, and I hope to feel better overall, inside as well as in terms of my exterior self-image. I am excited to see where this experience takes me, and I am hopeful that it will be beneficial regardless of what happens.

#### One-week Daily Log

Day 1	Sunday	Date: 03/22/2021
Today was especially challenging because the task to avoid junk food was fresh on my mind, and for this reason the thought of eating junk food seemed more appealing than it would be on a normal day. I started off the day with a cup of coffee and a bowl of cheerios with banana and skim milk. For lunch I made a rice bowl with spinach, quinoa, carrots, and a turkey burger for protein. Once it became dinnertime I did not feel like cooking, so I heated up a small burrito with chicken, corn, black beans and brown rice on a wheat wrap in the microwave. I knew that the next few hours would be challenging, as I grew up having something sweet immediately after I finished my dinner. I did crave junk food before I went to sleep, especially since I was feeling anxious about the upcoming week, but I was able to stay strong and ignore the craving, thus making a successful first day!		
Day 2	Monday	Date: 03/23/2021
Monday's are my least favorite day of the week, so I was fearful that the temptation to eat junk foods would be weighing on me, especially after a long day of classes and work, which can be very exhausting as I work in an afterschool program with children of many different ages. For breakfast, I made myself two scrambled eggs with sautéed spinach and a cup of coffee, of course. I made myself a wrap for lunch which consisted of a whole wheat tortilla, light mayo, turkey, roasted peppers and spinach, which was delicious. In between lunch and dinner, I made sure to bring some snacks to work because running around with children takes a lot of energy out of me. While at work I snacked on carrots and ranch and made sure to stay hydrated and drink a lot of water. When I got home from		

work, I honestly felt like giving in and eating a pint of Ben and Jerry's for dinner, but I did not let myself! Instead, I made a bowl out of brown rice, spinach, a veggie burger, and carrots. By this point, my health behavior change was still fairly fresh on my mind, but I felt determined to keep going and not give in.

<b>Day 3</b>	<b>Tuesday</b>	<b>Date: 03/24/2021</b>
<p>I woke up on the third day of my health behavior change feeling good, and with a little more energy than usual. I went downstairs to make my coffee because I cannot get my day started without it, and then for breakfast I put a piece of whole wheat toast in the toaster. When it was done toasting, I spread peanut butter on the piece of toast, and then added several banana slices, topped off with nuts and seeds. This is one of my favorite things to eat for breakfast, as it really fills me up and gets me ready for my day. I became distracted and preoccupied as I had a lot of homework and classwork to catch up on today before heading to work at 2, so I unfortunately forgot to make something for lunch. I did bring a fig bar with me to work, which I devoured as I was starving by that point. When I got home from work, I was starving but knew that I would have to make something myself if I wanted to eat something nutritious for dinner while avoiding junk food, so I looked in the freezer and fridge to see what foods I had left. I decided to make some sweet potato gnocchi with spinach, brown rice, edamame, and a cut-up chicken breast for protein. After dinner, I was so full and had had such a busy day that I did not even think about needing a junk food or something sweet to satisfy my craving, which was awesome and showed me that I really am capable of doing this!</p>		
<b>Day 4</b>	<b>Wednesday</b>	<b>Date: 03/25/2021</b>
<p>When I woke up on Wednesday, I felt great and decided to do some at-home morning yoga. After my yoga session, I made myself a cup of coffee and poured a bowl of muesli with skim milk for breakfast. I ate a fig bar for a snack during my afternoon class and brought a frozen meal from Trader Joe's with me to work, as I had a feeling that I would be hungry for a late lunch/early dinner. The frozen meal that I brought with me to work was a vegetable pad thai, which filled me up! When I got home from work, I was not hungry, as I had already eaten my early dinner, but I knew that I would get hungry before going to sleep so I made sure that there were healthy snacks in the fridge. I was not even concerned with needing junk food at this point, which was a good feeling. When my stomach started growling before bed and I knew that I needed some type of healthy snack to fulfill my hunger, I cut some slices of cucumber and celery to eat with low-fat ranch, which ended up being delicious and satisfying my hunger.</p>		
<b>Day 5</b>	<b>Thursday</b>	<b>Date: 03/26/2021</b>
<p>It's hard to believe that this is the fifth day of my health behavior change. I am proud of what I have accomplished so far, however I can feel myself starting to lose patience. I had a healthy breakfast which consisted of a cup of coffee, some orange juice, and a bowl of cheerios with banana and skim milk. For lunch I had a salad with spinach, carrots, brown rice and a cut-up turkey burger for protein. After getting home from work, I was not very hungry for dinner but still made myself eat a piece of whole-wheat toast with peanut butter and banana. After dinner I got in bed to watch some Netflix and relax but found that I was really craving chocolate and could not ignore it. I allowed myself to eat a few chocolate-covered coconut almonds and then was so mad at myself for doing so! Although this was not the worst junk food I could have chosen, I was still upset with myself that I had gotten this far without eating any junk food and had just ruined my</p>		

health-streak. However, I had a feeling that I was bound to give in at some point, and I am glad that I made it this far before doing so, as it shows that I do have some self-control and a desire to maintain healthy eating habits.

<b>Day 6</b>	<b>Friday</b>	<b>Date: 03/27/2021</b>
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I'm excited that it's the last day in the work week and that the weekend will officially start when I get home from work later. I treat myself for breakfast by making a turkey bacon, egg, and cheese with spinach on a whole-wheat English muffin to go alongside my cup of coffee. I don't have any classes today, so it is definitely tempting to snack throughout the day until I have to go to work at two o'clock. However, I fight the urge to snack and make myself a lunch of a turkey wrap on a whole-wheat tortilla with spinach and avocado. I just bring my water with me to work and I am very hungry by the time I get home. My roommates really want to order a pizza for dinner but I know that I already gave in to my junk food craving last night, and I would be very disappointed in myself if I were to give in again. Instead of eating pizza with my roommates, I make a piece of cod with brown rice and sautéed spinach. I make it through the rest of the night without snacking and am pleased with myself.

<b>Day 7</b>	<b>Saturday</b>	<b>Date: 03/28/2021</b>
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It is now the last day of my one-week health behavior change and I feel so great having known that I have avoided junk food (for the most part) for a full week! Although this was only one week of my life, I feel as though my mental and physical health have greatly improved and I feel much more energetic than usual. I wake up and make myself an iced coffee and eat a bowl of cheerios with skim milk and banana slices. I know that I have to end the week strongly so I do not let myself look at the Ben and Jerry's in our fridge because I know I will be tempted. For lunch I make myself a salad with spinach, black beans, corn, and chicken. This fills me up and I am glad because I won't be concerned with snacking before dinner and potentially ruining my healthy eating streak. When it becomes time for dinner, I make whole-wheat couscous with corn, peas, zucchini, and chicken. I fall asleep after hanging out with my roommates later on that night and smile as I realize that I made it nearly a full week without junk food, and I am so proud of myself!

### 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

I strongly agree with the statement that since this assignment was required, it aided in making my health behavior change easier to accomplish in my own life. I would also agree with the statement that time was helpful in terms of maintaining the change, aside from my one minor slip-up. However, this is not what I expected, as I was prepared for time to make the health behavior change more challenging to maintain. In terms of changes I had to make in my personal life in order to maintain the behavior change, there was not much that needed to be done aside from keeping a strong mentality in order to avoid junk food at all costs. I had everything that I needed in order to make healthy meals every day, therefore the only change that I really needed to make consisted of saying no to my roommates if they offered me any sweets or junk foods, and saying no to myself mentally if I were to start craving any kind of junk food. When I was just starting this experience of abstaining from junk food for a week, I was unsure if I would be able to maintain this change without giving in, as I have grown into a habit of eating something sweet every single day after dinner, even if it is something tiny. However, as each day went by, I found myself getting stronger and stronger in terms of ignoring my cravings and I grew confident that I would be able to maintain the change. While it felt great to make and maintain this health behavior change in my life, I do not think that this is something that I can transform into a permanent change, as I will always have a sweet tooth. I definitely feel that this change will be beneficial for my health in the long run, especially if I am good about only eating junk food in moderation in the future. I already felt so much better after this week went by, so I can only imagine how awesome I would feel if I were to stick with this for weeks to months at a time. Based on my experience with this health behavior change, I know that there are other changes in my life in order to improve my health, such as exercising more often and staying active. Eating healthy and avoiding junk food sparked a desire in me to become more physically active. When I woke up each morning feeling great, it made me want to exercise through doing my yoga in order to continue feeling great.

## **What Did You Learn from This Experience?**

This experience taught me so much. I am grateful to have been given this assignment through our Wellness course because otherwise I am unsure if I would have been as motivated to keep up with my mission of not eating junk food for a week, or if I would have even thought to attempt such a thing, as I am notorious for my sweet tooth. I think it's very important to know that you always have the opportunity and capability to any change bad behaviors in your life, and this one-week assignment showed me just that. By eating healthier and eliminating junk food from my diet for a week, it gave me a whole new outlook on my previous toxic relationship with food. This week forced me to be more aware of my eating habits, cravings, and gave me no choice but to remain on top of them, but in a healthy manner rather than one that is obsessive and ultimately toxic for my mental health. This week caused me to change my perspective on eating and rather than viewing it as something that causes me stress and guilt, to instead view and treat my body as a temple. I have been reflecting on the fact that I would not want to put anything that could potentially harm me or my overall physical health into my body, but rather stick to eating things that help fulfill my need for nutrients and supplements to ensure that I maintain the energy and strength needed to get through my days. This experience reinforced to me that I cannot be

fixated on my weight and get in the habit of skipping meals, but rather must eat three nutritious meals a day, as that is what is truly healthy and will make me feel better overall.

I am so proud of myself for getting through this week successfully (aside from my one slip-up), and for maintaining a positive attitude throughout the entirety of it. This health behavior change was definitely difficult, so difficult that I was not quite sure if I would be able to stick with it during the first few days, but it only got easier to maintain as time went on. There were several barriers that I had to overcome in order to stay on track in terms of achieving my health behavior change goal, which was to go one full week without eating junk food. One of these barriers is the fact that I live with four other girls who love to snack just as much as I do, and this definitely made it all that more challenging to avoid junk food. Every time I saw one of my roommates late-night snacking, it would make me want to join her and eat junk food alongside her, but I had to remind myself that I couldn't, as it would ruin my health goal. Being forced to choose the healthier options over the tempting junk foods that are out for display in our cabinets and shelves was definitely a barrier as well. Another major barrier for staying strong and maintaining this change is the fact that my boyfriend loves junk food and has not seen a vegetable in a very long time. Since I am with him nearly every day and we eat meals together often, this meant that I had to watch him eat his high-calorie, high-fat, sugar-filled junk food while I was stuck eating my fruits and veggies. This also meant that I had to plan ahead and meal prep before coming to his apartment, as I know that he does not have any healthy foods in his refrigerator, which is quite annoying. Another barrier for maintaining my health behavior change was the fact that once the weekend came along I was no longer on a schedule or routine of taking my classes and then going to work, therefore there was much more time to snack and eat junk food throughout the day. While I was good about avoiding junk food on the weekend, the temptation was definitely there. Another barrier was that we had a friend visiting us this weekend, and she asked me to take her to get ice cream and snacks, which definitely tempted me even more, although she had no clue I was trying not to eat junk food for a week for this assignment.

I noticed that I was waking up every morning during the week of my health behavior change feeling good, and I can attribute this to my healthy eating habits and avoidance of junk food. When I used to eat junk food often, practically every night right before going to sleep, I would wake up feeling gross and very bloated. This experience taught me that I am stronger than I think, and I can do anything I set my mind to. While I was not one hundred percent successful, I came very close, and for that reason I am so proud of myself. This experience also showed me that staying on top of my diet is all a mental game. Eating should be something that makes me feel good about myself afterwards, rather than the opposite.

One of my motivations for maintaining this health behavior change was my family. I thought of my aunt who is seventy years old and eats very healthy foods and exercises every single day. I thought to myself, if she can do it, then I can do it! I also thought to myself that I need to take advantage of my young age and good health while I still have it and do what I can to preserve it. Another thing that motivated me throughout this one-week process is my future. I want to be on this earth for a long time, and in order for that to happen, I need to make sure that I am living a healthy lifestyle. I want to raise a family and have children of my own one day, but this is not advised if I am not in good physical or mental health. I want my future children to have a strong mom who runs around in the yard with them and teaches them to love healthy foods as well, with ice cream as a special treat every so often! I don't know if I could make this a permanent change, as I love sweets and chocolate too much to give them up for good, but I could definitely allow myself to have them in moderation! From now on, I will try to only let myself

eat junk food once a week, as I have already experienced the positive effects that this has on my well-being.

### **Rate Your Future Success with Your Health Behavior Change**

After the one-week change of not eating junk food, I believe that I will be somewhat likely to maintain this change in the long term. Although I do not want to completely remove junk foods from my life, I am a strong believer in moderation, and I do not think there is anything wrong with treating myself to a sweet every once in a while, especially after a stressful week as a full-time college student who works five days a week.

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