

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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

Due Date: Thursday, September 21, 2017

Week of: Sep. 10-16, 2017

Name:

Health Behavior(s): Turning phone on Do Not Disturb

Date submitted: September 21, 2017

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?			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	

Here is the template to use for writing your Health Diary Paper

Health Behavior Diary

Selected Behavior: Turning phone onto Do Not Disturb

Statement of Intent

Throughout this week I have decided to choose a topic that I am hoping nobody else would choose. I have decided to turn my phone onto Do Not Disturb mode for the entire week. My expectations of this experiment are to somehow get a grasp upon the real world instead of constantly living in a virtual reality. I have the intentions of not using my phone as much, not having the urge to check my notifications as frequent as I do and also to actually do more physical activity.

I personally feel as if I am constantly checking my phone. This has an effect on my day to day life because as soon as I hear my ringtone alert me or feel the vibration of my phone I am tempted to immediately check my notifications and see who messaged me. I feel this sort of obligation to respond as soon as possible or else I will be some sort of evil person who does not respond. I figured maybe if I turn my phone on Do Not Disturb for a week I would feel less obligated to check my notifications and actually become a more productive person throughout this process. I am going to turn my phone onto Do Not Disturb mode and start this experiment. At least I know I won't be interrupted by any notifications!

One-week Daily Log

Day 1	Sunday	Date: 09/10/2017
My first day working with my health behavior was actually a very successful day. I began to notice that for the most part I am checking my notifications only due to the fact that a vibration is going off in my pocket. I noticed this because there were multiple times throughout the day that I honestly forgot I had my phone in my pocket. I would just randomly get a thought in my head "My girlfriend hasn't texted me back in a while" and I would check my phone and realize I had received a text message from her about 30 minutes prior. This made me notice that I would become more productive throughout my days.		
Day 2	Monday	Date: 09/11/2017
Today was honestly a lot different than yesterday considering I had school today and yesterday I only had work where I am not allowed to use my phone at all. Today while driving to school I had noticed that my music played the		

<p>entire time without hearing a single “Ding!” and that’s because my phone was in Do Not Disturb. This made me a lot happier being able to listen to all of my music with no interruptions. I can honestly say that this start to my Monday morning. This, in turn, made the rest of my day feel so much better.</p>		
Day 3	Tuesday	Date: 09/12/2017
<p>Today was a little bit easier considering I had classes until 3:05 and work until 11:23 PM. This caused for me to not have an urge to constantly check my phone considering how busy I was all day. When I was in class I did not check my phone at any point and the only time I did end up checking my phone was during my breaks between my classes, but even then, I used it at a minimal amount.</p>		
Day 4	Wednesday	Date: 09/13/2017
<p>Today was a pretty productive day for me! I only had two classes today, but I caught up on a lot of homework. While sitting in the library doing homework I had no distractions whatsoever. This made me feel like a scholarly student who was just dedicated to getting their homework completed. I am beginning to realize that maybe the use of a phone is detrimental to my everyday life. While I am not using my phone, I am being more productive than I have ever been in my entire life.</p>		
Day 5	Thursday	Date: 09/14/2017
<p>Today was a really difficult day while keeping my phone on Do Not Disturb. Today was difficult because I missed a couple of phone calls from my mother. I do not live with her and besides seeing her at work I barely get to talk to her. This was one of the first times that this experiment has shown any difficulties for me. I ended up calling her back, but we were only able to talk for 30 minutes because she had to pick my little sister up from school instead of the hours we could have spoken with each other.</p>		
Day 6	Friday	Date: 09/15/2017
<p>Today ended up being a mediocre day for keeping my phone on Do Not Disturb. This is because during the school day I was very productive, but once the school day had ended it was difficult to keep in touch with my girlfriend because I was responding later and not knowing an exact time of when she told me I can come over her house. I ended up leaving her waiting for about 45 minutes before I realized that she had texted me and that she wanted me to come over to see her. Once I was over her house I ended up not checking my phone for any notifications at all and just spent such quality time with her. It was honestly one of the best days we had with each other because she always gets mad when ESPN notifications are popping up on my phone. It was honestly such a nice night and I felt so close and connected with my girlfriend.</p>		
Day 7	Saturday	Date: 09/16/2017
<p>Day 7, the last day of the experiment. Today was a pretty productive day just</p>		

like last night. I ended up spending the day with my girlfriend at her house and did not have any urge whatsoever to check my phone or to even pull my phone out of my pocket at all. This caused for such a nice day with my girlfriend. It honestly just makes me feel so much better knowing that some random, stupid notification can attract all of your attention.

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?

From this experience, I actually feel as if I had learned a lot. I had noticed that you can truly grow as a person just from completing one life changing experience and breaking the habits that already exist. I personally feel as if this experience was beneficial to my life. This was beneficial because I can actually see how much more productive I was than if I had not gone through this experience. At the end of the week I was caught up on all of my homework and also the homework that was due for the following week. Some of the issues that I had run into were not being able to talk to my mother for as long as I had wanted to speak with her and also keeping my girlfriend waiting on her couch for me to come over for 45 minutes. I actually was enjoying every last bit of time we were

spending together and just living life more in the present rather than in this virtual reality world being on my cellphone 24/7.

It was actually a lot easier to go through this experience than I had originally thought. At first, I had believed that I would still constantly check my phone even if it were in Do Not Disturb, but I was proved wrong very quickly. As soon as I started to do anything I had ended up forgetting the existence of a cellphone. I was just living the happiest I could be with no disruptions from my schoolwork or social life. I personally believe I would want to make this into a personal change. My cause for wanting to make it into a personal change is because I can see myself being more productive if I have less disruptions and the main thing that disrupts me is my own cellphone.

This was one of my favorite experiences I have had yet because you go into it thinking that you might not be able to go the entire week conducting this experiment. Once the week is over, you then realize that I was able to take away from this that the use of cellphones is truly detrimental to this population and everybody is so dependent on their cellphone. I personally believe that I will stick with getting rid of my bad habit of constantly checking my cellphone and only keep my phone on Do Not Disturb and use it mainly for basic communication with family and friends.

Rate Your Future Success with Your Health Behavior Change

70	%
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Revised 7/17/2017