

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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

Due Date: _____

Week of: _____

Name: _____

Health Behavior(s): Limited Cell Phone Usage During Homework Time

Date submitted: 10/10/17

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	

Health Behavior Diary

Selected Behavior: Limited Cell Phone Usage During Homework Time

Statement of Intent

Besides procrastination, a big factor that contributes to late nights, stress, and exhaustion is my bad habit of wasting time on my phone when I am supposed to be doing school work. My habit can be traced back all the way to my high school years, when I found myself unnecessarily going to sleep past midnight every night. Then it got worse in college, when I suddenly started living on my own with no set curfew. I have always thought myself as a good student, but the only factor about my lifestyle that I feel contributes in a negative way is my cell phone usage during the time that I am supposed to be focusing on learning, reviewing, and expanding the topics and ideas that are discussed in class. Using my phone prolongs my homework time so much more, and I would like to change this. When I heard about this assignment, I thought this was the perfect opportunity for me to try and change this behavior, even if it was only for just a short week. I expect to be more efficient with my homework time, which would result in an earlier bedtime, less tiredness during the day, and maybe even better grades!

One-week Daily Log

Day 1	Sunday	Date: 09/24/2017
I always like to take Sundays to relax at home, do some chores, and try to get my homework done for at least the first half of the week. During the week, I have little time to do these things because of my busy schedule with classes and gymnastics at Southern. As I was doing some laundry, I also opened my laptop to go over some PowerPoints for my online class. I left my phone in the laundry room playing music, so I wasn't tempted to look at it. But, every time I got a text or a notification, I could hear it and I was indeed very tempted to go grab my phone. I managed to go over 15 slides without even glancing at my phone, and I felt very proud of myself! But right after I was done with 1 assignment I went straight to my phone to check it before I started the next one. I answered my texts and went back to my laptop to do some more work for a different class. I took some breaks and went to check my phone once again. I definitely need to work on not looking at my phone some more.		
Day 2	Monday	Date: 09/25/2017
Today I got home from practice at around 5:45pm. I showered and ate, so by the time I got started with homework it was already 7pm. I have 3 assignments to do for tomorrow, plus an exam to study for (PCH 201 exam). I would like to get these things done by 10pm so I can have a good night sleep. I put my phone on silent, and I left it next to my laptop.		
I have now finished my homework and it is 10:33pm. I answered a cell phone call during my study time because my mom was calling me. I always answer my mom		

<p>because I feel like if it was something important I wouldn't be able to wait until later. But it did take 20 minutes away from the time that I was supposed to be studying. Next time, I will tell her that I am busy. I am going to bed, and it is 10:47pm.</p>		
Day 3	Tuesday	Date: 09/26/2017
<p>I felt very good when I woke up today. I usually go to sleep at around midnight, but as I said on my entry, last night I went to bed at around just 11pm. I got back from my night class at 7:45pm. Because I got most of my homework for the week done on Sunday and Monday, I do not have much to do tonight. My next homework is not due until Thursday, so I think I am going to take tonight to relax a little bit. I am still going to try to not be on my phone for a long time, specially before bedtime. I am going to put my phone away at 10pm, and not look at it until the morning.</p> <p>12:01am- I woke up to go to the bathroom and checked my phone. I meant to just unlock it to check the time, but then I saw I had 2 texts from my friend and 1 snapchat. I replied quickly and then shut my phone and went back to sleep.</p>		
Day 4	Wednesday	Date: 09/27/2017
<p>Today was my free day. I do not have classes or practice, which gives me the time to do homework for the last half of the week. I started homework from the moment I woke up, and left my phone in my room. I had checked my phone when I woke up, so I did not feel like I was missing anything. All my friends were in class, so no one could text me. I did my homework for one of my psychology courses, and briefly started working on my health literacy project for PCH 201. Today was the first day that I completed my homework time without even looking at my phone once!</p>		
Day 5	Thursday	Date: 09/28/2017
<p>Today was really hard to not look at my phone. It was both of my friends/roommates birthdays, so many people were texting me to see what the plans were. I had originally planned a surprise birthday get together for them at our apartment, but then I cancelled that because I did not have time to prepare for it, so many people were trying to reach out to me for different plans. I glanced at my phone a few times during my second class of the day, but I managed to not reply until after class ended. After class, I took the time to reply to my friends, and I let them know that I still had one more class before I could entirely reply to them. I was proud that even though there was a lot going on through text, I remained strong and left my phone in my bag for the entire class period. I had done all my homework previously that week, so I did not have to work on any of it at home this day.</p>		
Day 6	Friday	Date: 09/29/2017
<p>Today is the beginning of the weekend, and one of the days where I usually get distracted a lot. I do not have classes on Fridays, which is really nice. So, if I have any homework that is due for the weekend or on Monday, I typically start it on Fridays during the day before practice. I put some music on my phone, and kept working a little bit on my Health Literacy project that is due on Tuesday. On Fridays, there is usually a lot of texting going on because friends want to make plans to party at night. I knew my friends were going to text me for that reason, so I put my phone on "do not disturb" for the time that I was doing my homework. I can honestly say that not looking at my phone made me focus much more, and I was</p>		

done with the assignment relatively quicker than I would have usually been done. Getting this homework done made me happy because I got to start my weekend early!

Day 7

Saturday

Date: 09/30/2017

Saturdays are usually the days where I take a break from school work. I only glanced at my Health Literacy assignment for spell checks, and I did not look at my phone while I did this. It only took my around 10 minutes to do this. I am going to enjoy my day off from school work.

Health Behavior Change Experience Evaluation Grid

Evaluate the following statements as to how much you agree with them. Circle the number you feel best represents your level of agreement or disagreement with the statement (You can do this by hand). Scale (1=Disagree a lot, 5=Agree a lot)

Q	Statement	Disagree ←→ Agree				
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	4	X
3	Maintaining the change got harder as time went on	1	X	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	1	2	X	4	5
6	I was confident, as the week went on, that I can maintain the change	1	2	3	X	5
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	X	4	5
8	The change will be beneficial for my health in the long run	1	2	3	X	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	X	5

What Did You Learn from This Experience?

I realized that changing this behavior did indeed benefit my health and wellbeing in many ways. Every day that I did not waste time on my phone, I got my homework done much quicker than I typically would. Not only did it give me a sense of satisfaction, but it benefited me in many other ways. First, I started getting much more sleep, which made me feel new and refreshed for my days. I used to go to sleep at around midnight every night doing homework, but during the duration of this assignment, I easily went to bed at around 10:30/11pm. Second, my stress levels went down. Instead of stressing out about when I was going to be done, I focused entirely on my assignments and got them done quickly and without having panics. Everything all together made me feel like a new person, who did not have to worry about deadlines and if I was going to have my homework done by that date.

I definitely faced some challenges while completing this assignment. Towards the beginning of the week, I was not aware that my habit was so bad until I started working on the change. I caught myself unconsciously grabbing my phone a few times, and then getting mad for doing so. When it wasn't that, it was hearing my phone buzz and getting extremely curious about what notification I had gotten. Even though I physically did not look at my phone, I would still get distracted while thinking about my phone. But, my behavior

got better as the days went by. But a difficult day to focus on is Friday, because it is the weekend and people like to text about plans, so if I am doing homework I am very tempted to look at my phone and reply to my friends. Overall, I did much better at changing this behavior than I thought I would. Now that I am aware of how much I look at my phone, I will try to independently keep trying to change it!

Rate Your Future Success with Your Health Behavior Change

Write in a percentage of how successful you think you will be able to maintain this change in the long term after the one-week change (e.g., 0% = unlikely, 50% = somewhat likely, 100% extremely likely).

65 %