

**Fall 2018 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))

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

Due Date: October 4, 2018

Weeks of: September 16-29, 2018

Name:

Health Behavior: Drink more water and get more sleep

Date submitted: October 4, 2018

CATEGORY			POINTS	SCORE
Used Template	Clarity of Thought	Coherence in organization	.50	
Grammar 4 pages	Punctuation Handbook Compliant	Spelling		
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: Drink more water and get more sleep

Statement of Intent

My first health diary was so successful that I decided to do two more weeks. I found changing a health behavior to be extremely beneficial. I loved the way I felt after the one week that I was very motivated to continue. I wanted to see if I can maintain my increased fruit and vegetable intake at two servings of fruit and three servings of vegetables everyday over the course of two more weeks.

For the first week of my health diary I decided to add more fruits and vegetables into my diet. I thought this was going to be difficult but it ended up being rather easy. Because of this, I decided to pick a new health behavior to change. I decided to try to drink more water throughout the day. I am a student athlete being a swimmer here at Southern and I know the importance of drinking enough water especially when you are an athlete. I still do not feel like I am drinking enough water. I often find myself feeling thirsty which a sign that I am already dehydrated is. I also find myself getting dizzy and lightheaded often. I believe that drinking more water will health with these symptoms and make me feel better.

After the first additional week, I was able to meet my goal of consuming more water so I wanted to add a third health behavior change. This health behavior change was to get more sleep. My goal was to get eight hours of sleep every night to feel more rested and energized during the day. My typical sleeping habits are pretty awful. I usually sleep about five hours a night and take naps during the day. With my busy schedule and early morning practices, I want to see if it is possible to get enough sleep every night.

Additional Two-Week Daily Log

Day 8	Sunday	Date: 9/16/18
<p>Today, I went to the store and bought a case of water. I figured this would be a good way to keep track of the amount of water I am drinking every day. I also bought a reusable water bottle with measurements to fill up with water while I am school or at practice since I cannot drink the tap water at my house. I researched how much water I should be drinking a day and I found that athletes should drink at least there weight in kilograms in ounces of water. I disagreed with this slightly so I rounded this number up for a goal of 85 ounces a day or 5 normal sized water bottles.</p> <p>I thought this goal was reasonable and I would hope it would be realistic. On average, I usually drink 2 water bottles a day which is only around 34 ounces which is nowhere near enough water for an athlete. I started out the day a little late and drank four water bottles instead of five. This is double the amount I would have drunk on a typical day so I was proud of my improvement. I will strive to drink at</p>		

least five bottles of water tomorrow.		
Update: I ate two servings of fruit and three servings of vegetables today.		
Day 9	Monday	Date: 9/17/18
<p>Today I made sure to bring a water bottle to practice. I only managed to take a few sips during my workout but it's a start. I did homework all day and constantly reminded myself to take sips of water. At afternoon practice, I brought my water bottle again and drank half of it. I finished five bottles of water today and I felt proud that I met my goal.</p> <p>Update: I ate three servings of fruit and three servings of vegetables today.</p>		
Day 10	Tuesday	Date: 9/18/18
<p>Tuesday's are my busy days so I knew I would struggle today. I made sure to carry water with me everywhere I went. I had morning practice and then two classes and took sips of water every so often. I then had afternoon practice and a night class which I then continued to take sips of water throughout. I ended the day with only four bottles of water.</p> <p>I knew going into today it would not be easy. I did not meet my goal but I was close. Tomorrow is a new day and I will try again to meet my goal.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today.</p>		
Day 11	Wednesday	Date: 9/19/18
<p>I drank one water bottle during my morning practice which I have never done before. While swimming, we get little breaks or rest which makes it difficult to continuously drink water throughout the workout. I was able to find time and finish the bottle by the end of practice.</p> <p>I felt very thirsty today and found myself chugging water at times. I drank six bottles of water today and I was very impressed with myself by surpassing my goal for today.</p> <p>Update: I ate two servings of fruit and four servings of vegetables today.</p>		
Day 12	Thursday	Date: 9/20/18
<p>Thursday's are very similar to my Tuesday's so I knew I had to be on my "A game" if I wanted to reach my goal. I carried multiple water bottles around to classes and practices and managed to drink six water bottles again today. It seemed rather easy to consume enough water today. It feels as if a habit is forming to reach for water before I'm even thirsty.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today.</p>		
Day 13	Friday	Date: 9/21/18
<p>Today was an easy day because I have no classes and all I had to do was swim practice this morning and homework all day. To keep my on task with my goal, I wanted to make it a little more fun. While doing homework I listen to music. When I new song came on I would take another sip of water. This helped me easily meet</p>		

<p>my water goal for the day. I drank six and a half bottles of water today and I was happy that I met my goal again.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today.</p>		
Day 14	Saturday	Date: 9/22/18
<p>Today felt very easy and natural to meet my goal. I again drank six bottles of water. I brought water everywhere I went and took sips constantly. I feel that I have started to form a habit of bringing and drinking water wherever I go.</p> <p>Update: I ate three servings of fruit and four servings of vegetables today.</p>		
Day 15	Sunday	Date: 9/23/18
<p>I felt that I formed the habit of drinking more water so I wanted to include another health behavior change. I want to try to get eight hours of sleep every night. Since I have to wake up at 5:30am every morning during the week, I need to go to sleep by 9:30pm every night. Since it was the weekend, I went to sleep late but woke up late so I was able to get nine and a half hours of sleep. I felt very well rested.</p> <p>Update: I ate three servings of fruit and three servings of vegetables today. I drank six bottles of water.</p>		
Day 16	Monday	Date: 9/24/18
<p>I was able to go to sleep at 9:30pm and woke up at 5:30am for practice. I got a full eight hours of sleep and felt pretty good during the day.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today. I drank five bottles of water.</p>		
Day 17	Tuesday	Date: 9/25/18
<p>I was busy doing homework and was not able to go to sleep until 11pm. I had to wake up at 5:30am again for practice so I only had six and a half hours of sleep. I felt tired all day and ended up taking a one and a half hour nap after class.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today. I drank five bottles of water.</p>		
Day 18	Wednesday	Date: 9/26/18
<p>I was again busy doing homework and went to sleep at 11:30pm. I woke up at 5:30am for practice so I only had six hours of sleep. I felt exhausted after practice and took a three hour nap. I felt a lot better after my nap.</p> <p>Update: I ate three servings of fruit and three servings of vegetables today. I drank six bottles of water.</p>		
Day 19	Thursday	Date: 9/27/18
<p>I have a night class that ends at 10pm Wednesday nights so I was only able to go to sleep at 11pm. I had to wake up at 5:30am which left me getting six and a half hours of sleep again. I took a one and a half hour nap after class and felt a little better.</p>		

Update: I ate two servings of fruit and three servings of vegetables today. I drank five and a half bottles of water.		
Day 20	Friday	Date: 9/28/18
<p>I went to sleep at 10pm last night. Again having to wake up at 5:30am I got seven and a half hours of sleep. Although this is not meeting my goal, it has been the closest I have gotten all week. I felt pretty well throughout the day but then took a half hour nap to recharge.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today. I drank six bottles of water.</p>		
Day 21	Saturday	Date: 9/29/18
<p>I watched a movie with my friends at night and went to bed at 10:30pm. I had practice an hour later so I was able to sleep until 6:30am. I was able to get a full eight hours of sleep. Even though I got more sleep, I was still very tired and took an hour nap after practice.</p> <p>Update: I ate two servings of fruit and three servings of vegetables today. I drank five bottles of water.</p>		

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	1	2	3	4	X
2	Maintaining the change got easier as time went on	1	2	X	4	5
3	Maintaining the change got harder as time went on	1	2	x	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	X
5	I wasn't sure if I could maintain the change for another 2 weeks	1	2	X	4	5
6	I was confident after the first week that I could go on for another 2 weeks	1	2	3	X	5
7	The additional two weeks helped me to be more successful than I was during the first week	1	2	3	X	5
8	After making and maintaining the change for 3 weeks, I know I can make it a permanent change	1	2	3	X	5
9	The change will be beneficial for my health in the long run	1	2	3	4	X
10	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?

I think the extra two weeks was beneficial to my health but also a great learning experience. I was very happy with the progress I made with the first initial week and I expected the same for the two following weeks which did not exactly happen. My first goal of drinking more water helped me form a habit of carrying a water bottle around with me everywhere I go. I constantly reminded myself to take sips of water throughout the day even though I was not thirsty. It was rather easy to drink my goal of five bottles of water a day. Some days I found myself drinking even more than my goal. I felt very hydrated over the past two weeks. I never found myself getting dizzy or lightheaded like I usually do. I never actually felt thirsty over the past two weeks because I was no longer dehydrated. I also felt less weak and fatigued.

The health behavior of trying to get more sleep did not work out as well. I set a goal of getting eight hours of sleep every night and I was not successful at making this goal. I found it very difficult to achieve since I have to wake up at 5:30am almost every morning. Going to bed at 9:30pm is not very realistic to me. I have homework and classes that interfere with this bed time. If I could change anything to make this more successful I would work more on my time management skills. If I focused more on my time management skills I might be able to get my homework done early and be able to go to sleep earlier. This might give me a better chance at achieving eight hours of sleep a night. Since I am unable to get eight hours of sleep at night, I feel very tired during the day and end up taking naps and recharge. My naps range anywhere from 30 minutes to multiple hours on the days I do not have classes. This habit I have formed may not be the healthiest but it is my solution for now when I cannot achieve eight hours of sleep at night.

I was disappointed that I was unable to make any serious changes in my sleeping habits but I was happy I was able to increase my water intake. I was motivated to get more sleep because I am always feeling tired and sluggish but my current schedule is preventing me from getting adequate sleep. I need to figure out a better solution to get enough sleep at night. I have noticed that even the times that I do get a full eight hours of sleep I may not feel well rested when I wake up. My body may need an extra hour or so to function at its best. I think making a more consistent schedule of going to bed and waking up at the same time might help make my body feel more rested. Although this health behavior change was not much of a success it pointed out something that I will need to continue to work on until I achieve.

I was motivated to drink more water to help my athletic performance and feel better every day. I felt better during my practices when I drank more water throughout the day. My symptoms of dehydration lessened significantly. Overall this health behavior change was a success.

I think this assignment made changing a health behavior a lot easier. Making the change a homework assignment made it easier to remember the change I need to make throughout the day. I enjoyed doing this assignment and I can use what I learned to make many more health behavior changes.

Rate Your Future Success with Your Health Behavior Change

I think I am very likely to continue the health behavior of drinking more water. I have formed a habit over the past two weeks of drinking more water. I do not think my attempt at increasing the hours I sleep was very successful. I think I still need to work on my sleep schedule and form better habits to be able to get a full eight hours of sleep every night.

50 %

Revised 6/18/18