

Spring 2017 Health Behavior Diary Template

One Week Health Behavior Change Diary (Sunday to Saturday Week)

Due Date: _____ February 9, 2017 _____

Week of: _____

Name: _____

Health Behavior(s): Procrastination

Date submitted: _____

CATEGORY			POINTS	SCORE
Used Template	Clarity of Thought	Coherence in organization	2	
Grammar 6 pages	Punctuation Handbook Compliant	Spelling		
Statement of Intent			2	
(Why this particular behavior)				
Daily log of your thoughts and actions during the week			14	
(There should be an entry for each day)				
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: _____ **Procrastination** _____

Statement of Intent

I chose procrastination as my area of improvement. I have always been a big procrastinator when it comes to any responsibilities I have. This has caused me a great deal of stress over the years. Procrastination has taken a lot of happiness from me. Because of my constant procrastination, I completely lost my admiration for many things. The things that I used to take enjoyment in, transformed into something that I felt was a responsibility. Which then made me have rather negative feelings towards it. Throughout this week, I will be keep a log of my responsibilities and get through them rather early. In doing so I am hoping that I will not feel as pressured with deadlines. I will then be more flexible when it comes to my time and availability. The goal is to be more relaxed and less stressed which in return will allow me to focus and perform better. By the end of the week I also hope to have an overall positive, lightening mood.

One-week Daily Log

Day 1	Sunday	Date: 01/22/2017
<p>Being that I had absolutely nothing to do except for a bit of homework, I had the greatest idea. I would do the project on procrastination. I decided not only was I going to do the homework I needed to do for my upcoming classes, but I would do the work for classes later in the week. As I went through the work it started to fly by. I got so engulfed in the work that I didn't even realize how much I had done. Soon enough the sun was going down and I'd come to realize that I went through weeks of homework. I was super excited and although I had been sitting there all day, no part of my felt as though I had wasted my day, or missed out. I felt productive and efficient. Now that I have finished all of this work, I have more flexibility when it comes to how I choose to spend the rest of my week and that is enough for me.</p>		

Day 2	Monday	Date: 01/23/2017
<p>Today I woke up and I did not have to rush to get ready to finish work that I waited last minute to do. It felt great. I even had time to eat breakfast, which I never do. I felt refreshed and eager to get started with the day. I got to Public Health and was able to hand in the multiple worksheets that I had done the night before. Once class was over I had so much free time. I'm not used to having all this time so it's a relatively new feeling. I decided to spend my time doing more homework. However, it wasn't because I had no choice, it was because I wanted to. There's something about choice that can make any activity more appealing. I've never actually enjoyed doing homework until this point. Overall, today was a great day.</p>		
Day 3	Tuesday	Date: 01/24/2017
<p>Today was a good day. In Public Health professor listed off all the people who should get started on their health diary next week, me being one of them. The simple thought of knowing that I had started and I didn't have to worry about time constraints just felt really good. My RA saw me in the common room working on all my assignments and told me how proud she was. It was such a simple compliment, but it made me feel really good, especially since I value her opinion. All my work for the rest of the week, in all my classes, is already done. I have so much time to relax and enjoy everything. After realizing how much time I had to myself, I decided to try something new. There was a free trial for the gym and I decided to hit a couple of fitness classes with my friend. It was great! I loved it! I love being active, but since I started college, I haven't really done anything of the sort. I'm typically cooped up in my room freaking out about all the work I must do, while NOT doing it. It was a breath of fresh air. Pushing myself to physical limits and having someone coach me to be better, the sweat and pain, the results, it was all so great and it is something I want to continue.</p>		
Day 4	Wednesday	Date: 01/25/2017
<p>I woke up relatively early today. However, I just laid there and looked out the window. I enjoyed the sunlight. Once again, I was relaxing. I went to drumline practice as per usual but this time I did not have to rush back to my dorm, as I have many times before. I had the opportunity to sit back and enjoy the company of my peers. I mingled and conversed. Not only do I see the difference that this one change has made to my overall mood, the people around me also notice. Multiple times throughout the day I was asked why I was so happy, or simply why I was smiling. The only real reason I had was that I had nothing to worry about. For once I wasn't worried about all the responsibilities I had waiting for me on the other side of, what was supposed to be, "fun". I could live in the moment and enjoy all the good things</p>		

right in front of me. I haven't enjoyed school in years, yet finally, I feel like I genuinely am.		
Day 5	Thursday	Date: 01/26/2017
<p>Another great day has ended. After having such a great time at the gym on Tuesday, I decided that I should actually purchase a membership. My friend and I decided to dedicate an hour or two every day to go to the gym and either take a class or do a personalized workout. I'm excited to see how this will turn out. Not only am I happier, but I am now setting up opportunities for me to be in better shape physically. I have had a vision in my head of how I want to look for a long time and now I am finally taking the steps to get there. When we got to the gym, a female walked over to us and introduced herself. She revealed herself as the president of one of the dance teams on campus. She gave us all the information we needed and suggested that we take part in the upcoming tryouts. I'm extremely excited to try out and am thankful for having the extra time to do so.</p>		
Day 6	Friday	Date: 01/27/2017
<p>Today I woke up extremely sore and did not want to go to class. Yes, I was in pain, but something about the soreness was refreshing. I got up and went to class and then the dentist. After that I spent hours running errands, yet it was still only five in the afternoon when I finished. I hadn't really done any school work since Tuesday, however I still wasn't in a rush. I was exhausted more than ever. I took the rest of the day to sleep and figured I can get started on my work tomorrow. I've gotten so far ahead in my work that I could sleep for another two weeks and still be on track. I wouldn't do that though, a small part of me still feels inclined to do work although there is no immediate work to be done. I am definitely glad that I chose procrastination as my area of change because so far it has had a positive effect and I don't see why it would ever change.</p>		
Day 7	Saturday	Date: 01/28/2017

Today I got back to work. I promised myself I could get some work done today and I made sure to do it. I can officially say I am into the assignments of March. Not only did I do school work, but I've finally updated my resume, which I've been meaning to do for months now. Now I can actually start to make more progress towards getting an actually job. I did my nails and I also practice some drumming techniques which I can share with my teammates on Monday. I also got to talk to one of my very close friends. He asked me about my day, and I just went on and on about this project. Being that he knows me well, he found it very hard to believe that I wasn't procrastinating. I told him how much of a difference it has made and that he should try it. He didn't believe he could do it, but after a lot of convincing, he figured he would try it with my help. This is one of those things that are so simple, but so effective and I would recommend it to anyone I come across who has not already made it a part of their lives.

Health Behavior Change Experience Evaluation Grid

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	x	5
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	3	x	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	4	x
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	3	x	5
8	The change will be beneficial for my health in the long run	1	2	3	4	x
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	x

What Did You Learn from This Experience?

I always knew that procrastination was a negative factor in my life. However, throughout the week I have realized just how much. My stress levels have gone down drastically. I have been more happy, more physical, and more involved than I have ever been. I have been able to rest effectively and interact with those who are around me every day. I have made friends, gotten a membership at the gym, and I have made plans to join a dance team. I have been very successful in keeping up with my goal and I plan to continue on this path for as long as I can. There were a few days throughout the week that I slipped into my old lazy ways. However, since I was so far ahead, it did not affect how my day went about. I do know that sometimes, I will not have the opportunity to have my assignment far in advance, which means I will have a certain period of time to do it and I will not be able to push it off to the next day. I do plan on attempting to maintain this new behavior at least throughout the rest of the semester. I think it will have a great impact on my grades and allow me to be more successful. As I expressed through one of my entries, I would recommend to anyone and everyone this change in behavior. At first I, didn't really believe I was going to be able to pull it off, but in the end, I surprised even myself. I have reason to believe that it being an assignment did make it easier. I guess soon I'll find out just how strong my will power is.

Rate Your Future Success with Your Health Behavior Change

70 %

Revised 11/23/2016