

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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

Due Date: _____

Week of: _____

Name: _____

Health Behavior(s): _____

Date submitted: _____

| CATEGORY | | | POINTS | SCORE |
|---|---------------------------------------|--|-----------|-------|
| Used Template Grammar 6 pages | Clarity of Thought Punctuation | 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: Limit iPhone Use

Statement of Intent

During our class meeting, we were told as a class that we had a chance to change a particular behavior. Immediately, I thought of the severe addiction to my iPhone. It was the perfect idea and opportunity for me to instill this change. When I purchased it a year ago, I grew an extreme attachment with it as it had so many interesting and exciting features. I was in love with the texting and I still am. Now that I am growing up, I am starting to try to use my phone in a different way, as in only using it for productive purposes. However, I'm still addicted as ever to the texting, upcoming features and the usual daily checking of Facebook, Instagram, games, etc. I am hoping with doing this health diary, it will enable me to severely cut down on the usage, especially the texting aspect and allow me to be more productive and interactive with my social life.

One-week Daily Log

| Day 1 | Sunday | Date: 09/21/2014 |
|--|--------|------------------|
| Today was my first day of limiting my time on my phone and to be completely honest, I had a hard time ignoring my phone because I had a good 2-3 hours of free time this morning. During this time, I was obviously texting, checking up on Facebook and Instagram and other miscellaneous things. However, the rest of my day, which was the afternoon, I took it upon myself to get some cleaning and organizing done, but I did have some urges to use my phone to check up on the social media sites. That was extremely horrible of me. So even though my day one experience wasn't as effective as I hoped, I am excited to say that I have a full day of work tomorrow and I | | |

| | | |
|---|------------------|-------------------------|
| cannot be on my phone at all. This should make for a more successful day. | | |
| Day 2 | Monday | Date: 09/22/2014 |
| <p>I think today went a little bit smoother than yesterday because I was at work all day and wasn't able to use my phone, except for my lunch break. I did give in a little because the temptation just wouldn't stop. It's difficult for me because when several people were texting me, I just can't ignore them, but I had to think about myself, how is this going to affect my life in the future. I decided tonight to spend time with my family instead of throwing myself right into my phone like I usually do. Overall, today was still hard, but we'll see how the rest of the week goes.</p> | | |
| Day 3 | Tuesday | Date: 09/23/2014 |
| <p>I can't believe how much I just want to text and update myself with my phone; this is becoming a lot harder than I thought. Going to school today I was so tempted to text because that's what I love to do, but I knew I had to be strong. I did receive a numerous amount of messages today, but it's hard to ignore them and not check networking sites when everyone around me is doing the same thing! I am starting to become very restless. I just keep thinking to myself that I can do this and this is going to help me stop. I honestly don't know how well the rest of the week is going to go.</p> | | |
| Day 4 | Wednesday | Date: 09/24/2014 |
| <p>Even though yesterday I was beyond annoyed, heading to work to this morning I realized that, I need to interact more with my peers. As the day went on, it felt so good not to be tempted to check my phone for any kind of useless messages or calls; it was kind of a relief. I mean yeah I did have urges, but I told myself if you do it once now, you're not going to be able to stop. After work that night, I thought about what I had told myself and immediately started my homework. I was very focused on what I had to get done. I felt very "free" from all the connections and was able to actually have a productive</p> | | |

| | | |
|--|-----------------|-------------------------|
| night. | | |
| Day 5 | Thursday | Date: 09/25/2014 |
| <p>I am realizing that wherever I am, my phone has to be with me and I am trying extremely hard not let that happen anymore. After school, today, I came home and just left it in my purse. You couldn't imagine how hard that was for me. It's like I have iPhone withdrawal. It's almost like I have anxiety when I am without my phone because I feel anxious and antsy when I am not around it. However, it's enabling me to be more social when I am around friends and family. For instance, tonight I headed to dinner with my friend and managed to stay off my phone the entire time I was there. Even though today seemed a little frustrating, I think it is becoming easier for me not to go on my phone as much as I do because of the lack of interaction it is causing me and how much I am realizing that.</p> | | |
| Day 6 | Friday | Date: 09/26/2014 |
| <p>Well today was just amazing. With all the realizations, I didn't even have a slight hesitation to text or look at any games or Facebook etc. at work. Realizing I have more important things to get done, I didn't care to text anyone or checkup on anything. I even headed to the gym after work where yes I do use my phone but only for music purposes. Even though I do receive texts and updates when I am there, I never read anything. This day was like a breath of fresh air and allowed me to see the light through the tunnel.</p> | | |
| Day 7 | Saturday | Date: 09/27/2014 |
| <p>I knew today was going to be a bit hard because I at the Big E all day and wanted to show my friends and family everything via phone. Honestly, I probably took my phone out once just to call my mom and the rest of the time I was there, it settled in my purse. There was so much going on and I just wanted to spend time with my friends. I wasn't a bit concerned who texted me or what was going on with the social media. This day really brought me joy because it allowed me to actually be social and have fun outside my phone. I think today was the</p> | | |

easiest days of them all.

Health Behavior Change Experience Evaluation Grid

| Q | Statement | Disagree ←→ Agree | | | | |
|---|--|-------------------|---|---|---|---|
| 1 | Being a required assignment help making the change easier | 1 | 2 | X | 4 | 5 |
| 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 | X | 3 | 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 a whole week | 1 | 2 | 3 | 4 | X |
| 6 | I was confident, as the week went on, that I can maintain the change | 1 | 2 | X | 4 | 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 | 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 | X | 5 |

What Did You Learn From This Experience?

Not only did I learn from this experience, I understood the underlining facts of how much my phone has somewhat isolated me from so many new and exciting adventures. By doing this health diary, it made me realize that everything doesn't need to resolve around my iPhone; there are other more exciting things to see and interactive with. I've realized that you don't need to hide behind your phone to express your feelings; being social with others is a much healthier way to live life and it's more fun. By limiting my time from my phone, it really allowed me to be more productive and get more things accomplished live a more social lifestyle. I didn't feel the need to always be texting all the time and checking the latest updates on a daily basis because in reality it just made me a lazy person. I would love to make this a permanent change in my life because I believe it consumed basically most of my life and honestly that's not a healthy way to live. Just by doing this exercise, I already feel more motivated to engage in more stimulating activities and encounter a whole new world outside the walls of my iPhone.

Rate Your Future Success with Your Health Behavior Change

Honestly, I think this experience will enable me to be 80% effective in making a permanent change in the long run.

80 %

Revised 9/15/14