

Fall 2014 Health Behavior Diary Template

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

One Week Health Behavior Change Diary

(Sunday to Saturday Week)

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Due Date:

Week of:

Name:

Health Behavior(s): Limit Cell phone use

Date submitted:

CATEGORY			POINTS	SCORE
Used Template	Clarity of Thought	Coherence in organization	2	
Grammar 6 pages	Punctuation	Spelling		
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 Cell Phone Use

Statement of Intent

I chose to limit my cell phone use for the entire week. I selected this behavior because I want to start living in the moment. I have realized that many of my friends and family have become so attached to their phones over the past few years; they cannot even have a normal conversation without looking down at their phones every few minutes. I also realized that I am becoming guilty of it as well.

I do not want our generation turning into people who cannot socialize with each other without the use of technology. I am an assistant teacher at an after school program, and I have noticed many children talking about video games or games they play on their cell phones/ ipads. I remember when I was young I played outside with the neighborhood kids until our parents forced us to go in for dinner. However, children are not socializing as much anymore because of the use of cell phones and video games. For this entire week, I am going to try and limit the use of my cell phone. I have a habit of looking at instagram or Facebook too frequently during the day. Also, I do not want to be texting during dinner with family and friends

One-week Daily Log

Day 1	Sunday	Date: 11/02/2014
Today, I went to my parent's house to watch football with my boyfriend. My sister and her boyfriend came over also. It was actually a lot harder than I thought it would be to not text or check social media every hour or		

so. Almost everyone was on his or her phones for most of the day/night. My sister and I have boyfriends that both do fantasy football. My dad also does fantasy football. Therefore, they were on their phones checking for updates all day. It was hard to have conversations with everyone because they were all in their own worlds. I checked my instagram and facebook numerous times throughout the day and night. I am going to try to do better tomorrow with this behavior.

Day 2

Monday

Date: 11/03/2014

This morning I made it a point to not check my social media when I woke up. Instead I woke up and ate breakfast. I went for a walk with my dog and did not bring my phone. Usually I would bring my phone and take snap chats of my dog and maybe post a picture on instagram or facebook. However, today I did not do that at all. The walk with just my dog and I was very nice because I was able to have 100 percent attention on him. We were also able to run and get more exercise in on our walk. After I got back, I caved in and checked social media. I had to work after that, so I was not on my phone at all that night.

When I got home from work, I had a lot of homework to get done. I procrastinated all night by checking my phone and texting. It took me five hours to get my homework done. It probably would only take me an hour or two if I left my phone off.

Day 3

Tuesday

Date: 11/04/2014

Today, I had to go to school all day and than work right

after. However, I made it a point to not go on my cell phone during my hour and a half break after my first class. Instead, I went to the library and got a whole lot of work done for school. I could not believe how much work I finished that I needed to get done for the week. I was in the library, and did not check my phone once until I walked over to my next class.

Day 4

Wednesday

Date: 11/06/2014

Today, I went out to lunch with my sister. I told her about my health diary and how I was not going to pull my phone out the whole time we were having lunch. I told her she should try the same thing. However, she could not put her phone down for two seconds. It was difficult trying to have a conversation with her because I had to repeat everything I said. She was in another world with her cell phone. I succeeded during lunch and did not take my phone out the whole time. It was much harder than I thought because she was very hard to talk to with her phone out. I had work after that, so my cell phone was off until I got home. I came home without turning my cell phone on and started my homework. I was so surprised because I finished my work much earlier than usual. I was able to get to bed earlier and I fell asleep much faster.

Day 5

Thursday

Date: 11/07/2014

Today, I had school and work. I went to school and did the same thing I had done on Tuesday. I went to the library and got my homework done. I felt so much more positive and less stressed without my phone on 24/7. I noticed a huge difference in my attitude at work and when I got home tonight. I had more energy and

more free time to do things like play with my dog and watch a little T.V. with my boyfriend when he got home. Usually I am so stressed about getting my work done for school/work. I also went to bed earlier again.

Day 6	Friday	Date: 11/08/2014
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This morning I drove to my parent’s house to go for a walk with my mom. It was really nice talking to her and not being interrupted by technology. My mom does not have a high tech phone, and she is hardly ever on it. Normally, I am texting or pulling out my phone to check my messages, emails, and social media. However, today was nice because there were no interruptions and I could see it made my mom really happy.

Day 7	Saturday	Date: 11/09/2014
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I decided to keep my phone at my house, and turned off all day today. I went for a hike with my dog and boyfriend. We went out for lunch and saw a movie later on. It was so nice because he decided to leave his phone at the house too. We had deeper conversations and no interruptions at all during our hike and lunch. He even admitted that it was better not having a phone constantly to worry about checking every two seconds.

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	1	2	3	4	5

	change					
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?

I think limiting my cell phone is extremely beneficial and necessary for my life and health. I do not think using your cell phone to text and check social media every hour or so is beneficial for my health and social skills. I am not bonding and forming good relationships with my friends and family when I am checking my phone all the time. I want to start living in the moment and realize the importance of life. I also realized that I could get more work done, and become less stressed without my phone near me 24/7. I think cell phones and technology are a big distraction for many people, especially in our generation.

I think I was pretty successful in changing this behavior by the middle of the week. I encountered some barriers during the week. Such as, wanting to pull my phone out on Sunday because all my family and friends had their eyes glued to their phones for most of the day for fantasy football. Also, going out to lunch with my sister made me want to take my phone out, because she was on her phone for most of our time together. I learned so much from this health diary. Technology is not important and neither is social media. I want to build more intimate relationships with my family and friends, because I am missing the most important things in my life by wasting it on

checking my phone/social media. This experience was hard, because our generation is so used to having a cell phone right in front of you at all times.

I am going to make this a permanent change because I realized what I am missing out on in life. I also felt less stressed and was able to sleep better without checking my phone before bed. I had more energy and positivity throughout my day. I loved the conversation I had with my mom and boyfriend because I had nothing to distract me from being present with them.

Rate Your Future Success with Your Health Behavior Change

80%