

Spring 2016 Extra-credit
Two-Week Continuation Health Behavior Diary Template
<http://www.bettycjung.net/Pch201grids.htm>

Extra Credit Two-week Continuation Health Behavior Diary

Due Date: April 26, 2016
Weeks of: April 3rd-April 16th
Health Behavior: No Social Media
Date submitted: April 26, 2016

CATEGORY			POINTS	SCORE
Used Template Grammar 4 pages	Clarity of Thought Punctuation Handbook Compliant	Coherence in organization Spelling	.50	
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: No Social Media

Statement of Intent

I have decided to change my initial changed behavior and get rid of my social media networks for a whole two weeks. Seeing as I am typically 24/7 glued to my phone, I am hoping this change will leave a positive impact on me. I have already deleted Facebook, Twitter, Instagram, and Snapchat. Social Media is addictive, but it's something that once you learn to be without, I feel as though you can keep that behavior. I want to change this because sometimes it feels like social media is taking over my life. Especially at night, I can't go more than 10-15 minutes without checking my social media and that's a problem.

Additional Two-Week Daily Log

Day 1	Sunday	Date: 4/3/2016
<p>Today is the first day I am going with no social media at all. It feels weird because I keep having the urge to re-download my apps but I know that I cannot. I am keeping myself occupied by taking my siblings outside to play and helping them with their homework. In addition, I started reading "It" by Stephen King. I have wanted to read this book for a long time and am excited to finally take the time to read it.</p>		
Day 2	Monday	Date: 4/4/2016
<p>Today, even though I am back at school I have been surrounded by all my friends and have not even been thinking of checking my social media. I have no real concern or care for what others are doing or what they're posting, and when my friends are on social media I don't even ask them what's been going on because it doesn't concern me and I'm starting to appreciate the fact that I am not currently on my social media apps.</p>		
Day 3	Tuesday	Date: 4/5/2016
<p>With classes, homework, and everything else going on in my life right now I've been very stressed. Without being on my phone so much and actually focusing on my classwork I feel much more confident about my grades. I'm not distracted now when I sit down to my homework, because I don't have social media to look at or people to text. I am even trying to get my mom to not be on her phone as much so she can appreciate how it feels to not be so deep into the social media life. I think now that I've experienced what its like to be focused without a phone and how much work I accomplished I don't think ill ever go back to being glued too my phone.</p>		
Day 4	Wednesday	Date: 4/6/2016
<p>Today, I found myself on social media for a little bit and I immediately got off. I then turned my phone off and went to get food with my friends. I wasn't tempted to go on my phone because I was with my friends, and because they weren't on there's. It's really amazing when you realize how great it is to be off of your phone. You experience so much more then you would if your head was down glued to your</p>		

phone. I even passed some people I don't usually see when my eyes are focused on texting or social media.		
Day 5	Thursday	Date: 4/7/2016
Since I had slip up yesterday, I went into this change more focused today. If another slip up like yesterday happens I will be so disappointed in myself. I have decided to turn my phone off for today and see if that makes the change easier for me. Being swarmed with school work and seeing my friends occupied me all day and I successfully went today without being on my phone other than to speak to my parents.		
Day 6	Friday	Date: 4/8/2016
Since I went the full day without using my phone yesterday, I realized I can go back to using my phone for texting and calls and just not using social media. Today, I spent a lot of the day packing up my stuff and getting ready to go home for the weekend. I know that going home for the weekend will help with this change because I am always so busy home, I won't even have the time to think about social media or being on my phone.		
Day 7	Saturday	Date: 4/9/2016
Seeing as I am home for the weekend, the change is easier than ever. I am able to take my siblings outside to play since it's nice out and spend good quality time with my family. My family is so happy I am doing this change and can see the difference it's making in my capability to pay attention and be engaged in a conversation for an extended amount of time. Also I have been able to get my homework done so quickly and it's much better quality. I love the person this change is bringing about and am excited to do this for another week.		
Day 8	Sunday	Date: 4/10/2016
I am starting my second week of this change. I am going into this week positive and with confidence that I won't slip up. I've been getting further along in the book "It" and it's absolutely amazing. I truly get to appreciate the gift Stephen King has and brings forth. In regards to social media usage, I think that this change is making me a much more talkative and outgoing person since I am not glued to my phone as I would be without making this change.		
Day 9	Monday	Date: 4/11/2016
Today was a little harder to refrain from my social media use. It was one of my best friend's birthdays and for friend's birthdays, usually you post a picture with them and write a meaningful birthday caption for them. I refrained from doing this but texted her instead. I really wanted to go on social media today but was able to put my phone away when the temptation got serious.		
Day 10	Tuesday	Date: 4/12/2016
This Afternoon I went for a walk, and noticed things that I never noticed. For example, I noticed a lot of different trees around my area and I was able to really see Spring coming. I was focused on the smell of Spring and saw all the different flowers and plants blooming. This is stuff I would have never noticed on a regular walk because I would definitely be engulfed in my phone.		
Day 11	Wednesday	Date: 4/13/2016
Disappointed to say this, but today I posted a picture on Instagram. I posted for a cause so it's not as bad as it would be if I just posted a regular picture. I am not		

<p>proud for going on Instagram because besides just posting the picture, I looked through my timeline and looked up people’s Instagram’s to see their posts. I realized that I do miss having my social media but I know that I can finish these last few days without using social media.</p>		
Day 12	Thursday	Date: 4/14/2016
<p>I woke up this morning and didn’t even think about social media. I had a lot of homework to do, so I got that all out of the way. I noticed my room was a bit messy so I decided to clean up. Before I knew it, it was time for dinner so my friends and I went to Conn Hall to get food. At the end of the day I realized I didn’t even think about Instagram or twitter at all.</p>		
Day 13	Friday	Date: 4/15/2016
<p>Today is my mom’s birthday so I left school after class to spend the day with my mom. I barely had my phone on me all day because I left it in my room at home, so I wouldn’t be distracted when I was spending time with my family. The only time I used it was to take a picture with my mom. It felt really good to be home and not be glued to my phone. My mom even noticed that I wasn’t on my phone at all today, and she told me she appreciated it a lot.</p>		
Day 14	Saturday	Date: 4/16/2016
<p>This morning I woke up relieved that this is my last day. I know that I have changed and will probably not be as addicted to social media as I once was. I didn’t re-download all of my apps until about 8:00 pm tonight and am proud of myself for how hard I worked to achieve this goal. My results were not as great as I wanted them to be but I know that I tried my hardest and I know that this change definitely had a big impact on me.</p>		

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 an extra-credit assignment made it easier to make and maintain the change	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 change	1	2	3	4	5
5	I wasn't sure if I could maintain the change for another 2 weeks	1	2	3	4	5
6	I was confident after the first week that I could go on for another 2 weeks	1	2	3	4	5
7	The additional two weeks helped me to be more successful than I was during the first week	1	2	3	4	5
8	After making and maintaining the change for 3 weeks, I know I can make it a permanent change	1	2	3	4	5
9	The change will be beneficial for my health in the long run	1	2	3	4	5
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	5

What Did You Learn From This Experience?

I really enjoyed doing the Health Diary for extra credit, and very glad I chose the behavior that I did. The past two weeks definitely got easier as they went along and I started to notice a lot of things about myself without social media. I was sleeping and eating better and getting a lot more exercise and noticing so much about the world around me. I know that I can limit my social media use but I definitely can not cut it fully out like I tried to for those two weeks. My completion of this extra credit assignment taught me how damaging social media really is and I am trying to make my friends and family aware of this matter.

Rate Your Future Success With Your Health Behavior Change

70 %