

Health Behavior Diary

Selected Behavior: No use of Facebook

Statement of Intent

For this assignment I chose to do the 3 week health diary and decided to try to not use Facebook at all. I had trouble deciding what to do for this health project because as I stand already I do not drink or smoke, I always eat healthy, I am very active and trying to get more sleep is impossible for me because of all the activities I am involved in, so my last option was to try not to use my Facebook.

I always say how my life would be so much easier without Facebook because I would be nosy about everyone else's drama and life which would save me stress. I also would have more time to actually get my work done instead of when I am tired of doing homework, going on Facebook and playing around. I was hoping that by doing this for three weeks I would be able to never need Facebook again so that I can have a more organized and less stressful lifestyle.

One-week Daily Log

Day 1	Sunday	Date: 9/25/11
So this was the first day without a Facebook and honestly it wasn't that hard. It might have been because I was busy with friends having fun at the Big E so I wasn't really paying attention to my phone. Usually I would look at Facebook before I went to bed, but I was exhausted from being at the Big E all day and still had a little bit of homework to do. I didn't bother opening my computer to even try going on Facebook instead I did my homework and went to bed.		
Day 2	Monday	Date: 9/26/11
Now, today was a little bit more of a challenge there were a couple times when I was in the library and I was like oh I should post a funny picture on this person's wall, but then I was like oh wait I can't use my Facebook and I would get a little frustrated. I would later tell my friend about how I wanted to post a picture on her wall and she got really upset that I didn't do so, which kind of made me upset that I didn't chose something else for my health project, but I kept going. The rest of the day I didn't think about Facebook because I had dance team and homework to complete so it didn't faze me.		
Day 3	Tuesday	Date: 9/27/11
Being the third day I was hoping things would get easier. I never thought that I used Facebook that much, but randomly during the day I wanted to show my friend a picture of someone and I was like oh I will show you their Facebook! Well, I went to go onto my Facebook on my phone (usually I am automatically logged in) and up popped the log in screen and then I remembered that I had deactivated my Facebook to try to make it less of a temptation to log on. There were probably two more times throughout the day were I thought about going on to Facebook, but soon remembered I could not. Besides my encounter earlier in the day, it wasn't too hard to stay off Facebook. But it did make me realize that I used to use my Facebook quite a lot.		
Day 4	Wednesday	Date: 09/28/2011
This was a very busy day for me so I really didn't even think about Facebook. Plus it was easier to ignore it since I knew I had to due to my health project. There wasn't really anytime during the day when I had even thought about going on there. Today was probably one of the easiest		

days to stay away from my Facebook.		
Day 5	Thursday	Date: 09/29/2011
<p>Now, today was a little harder than I thought it would be. My friend wanted me to watch a video of him that he put on Facebook and of course I'm trying to stay away from it. So, all day I was like I can see the video in three weeks, only three weeks. But when I got into my room after my classes my roommate was watching the video of him on her Facebook so I went over and watched the five minute video. Technically, I wasn't on my Facebook, but I still was mad at myself because I was after all on Facebook. If my friend hadn't posted a video, I believe it would have been a lot easier for me to ignore the usage of Facebook.</p>		
Day 6	Friday	Date: 09/30/2011
<p>The idea of not having a Facebook was once again a lot easier today. Maybe, it is just the fact that when I have a lot to do, I really don't feel the urge to curb my boredom by creeping on other people on Facebook. I don't know what it is, but all day today I had no desire to look on Facebook or even ask my friends for anything that is going on.</p>		
Day 7	Saturday	Date: 10/01/2011
<p>Today I had work all day from 11am to 11pm so it was very easy to stay away from a computer and Facebook. I was very busy and had no access to a computer or even my phone and therefore no urge to look on Facebook. The one thing that did cross my mind during work was if I wasn't doing the extra credit I would be able to use my Facebook after today, but since I want the extra credit so much I have another two weeks to go. But I just kept saying in the end my grade will hopefully be worth it.</p>		

Evaluate Your Health Behavior Change Experience

Q	Statement	Disagree ←→ Agree				
1	Being a required assignment help making the change easier	1	2	3	4	X
2	Maintaining the change got easier as time went on	1	2	3	4	X
3	Maintaining the change got harder as time went on	X	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	X	4	5
5	I wasn't sure if I could maintain the change for a whole week	1	X	3	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	4	X
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?

By changing this behavior for one week I felt very accomplished because I was able to get more school work done in a shorter period of time than I would have when using Facebook. I was also able to stay out of childish drama or stories that happen between people on Facebook because I did not need to

“creep” on everyone’s Facebooks. Because I was able to complete my homework in a shorter period of time, I was able to have more of a social life and stress less. I was able to hang out with friends and relax without worrying about everything that I had to do when I left. I was also able to get more and better sleep. By not using Facebook, I realized that this stupid social program consumes most of my life. I definitely felt that I could make this a permanent change after one week and I can’t wait to see how I will feel about not having a Facebook after two more weeks.

Rate Your Future Success With Your Health Behavior Change

In all honesty I think I will be 100% effective in maintaining this behavior change for the long run.

100 %

Extra-Credit Two-week Continuation Health Behavior Diary

Selected Behavior: No use of Facebook

Statement of Intent

One of the main reasons I decided to continue the Health Diary was for the extra credit. I don't like to pass up an opportunity to earn more points in a class. Besides that I wanted to continue the health diary because I thought it would be interesting to see if I could actually stay away from a bad habit such as using Facebook for three weeks. It was an interesting way to challenge myself.

Additional Two-Week Daily Log

Day 8	Sunday	Date: 10/02/2011
<p>Today wasn't hard for me at all, It might have been because I had already gone a week without Facebook and was already used to the fact that I didn't have one or it might have been the fact that once again I was really busy and barley had time to look at my phone or my computer.</p>		
Day 9	Monday	Date: 10/03/2011
<p>I had a couple people ask me today if I saw some things on Facebook that mutual friends of our put up and instead of feeling like I needed to go on Facebook right away to see what they were talking about I simply said sorry I don't have a Facebook anymore. Some people were astonished when I said this others were like good for you. It was interesting to see the reactions of people.</p>		
Day 10	Tuesday	Date: 10/04/2011
<p>Tuesdays and Thursdays are my busiest days so once again it really wasn't a problem to avoid wanting to go on Facebook. I no longer had an urge to look at my profile or other people's profiles. It was just imprinted in my mind that I didn't need to use my Facebook anymore.</p>		
Day 11	Wednesday	Date: 10/05/2011
<p>Today I was actually thinking about how I used to think I needed a Facebook to keep in touch with people so that I wouldn't lose contact with the many friends I have. But I realized that I really don't need a Facebook to keep in contact, I see most of my really good friends on campus and I have their numbers if I need to contact them. Then my friends from back home will text me when we want to talk to each other. So, it made me realize that not having a Facebook wasn't really as big of a deal as I thought it was going to be.</p>		
Day 12	Thursday	Date: 10/06/2011
<p>On this busy Thursday I had one of the dance team captains ask me if I had gotten the post on Facebook in the dance team group. I know I had told her about how I had to do this project, so it kind of bothered me that she forgot, but hey we are all human. So I reminded her, and she told me that it was really long and she couldn't remember the exact details of it so that I would need to go on Facebook. That kind of bothered me again because not going on Facebook was a school project it wasn't just for fun. But I eventually was able to get one of the other members on the team to print out the post for me so I could read it. I never knew that I would have to go through such a hard and long process without a Facebook. But this event still didn't make me miss my Facebook.</p>		
Day 13	Friday	Date: 10/07/2011

Since I was so used to not having a Facebook once again I didn't even think about logging on or going onto one of my friends to see what the drama was with everyone. It no longer bothered me that I couldn't "creep" on everyone.		
Day 14	Saturday	Date: 10/08/2011
I worked all day today again so not only did I not think about going on Facebook, but I was just too busy in general to even want to go on Facebook.		
Day 15	Sunday	Date: 10/09/2011
This was the perfect day for me to prove to my roommate that not having a Facebook was actually really beneficial, especially being in honors college (with all the work we get). My roommate and I are in the same honors class and we had a paper due on Tuesday which we were both stressing about because it was the first graded assignment in the class. We went to the library together and started everything at the same time. We always discuss our projects together so we were talking about it. At one point I was halfway through and working at a good pace, I asked her how far she had gotten and she said only the first paragraph Facebook is too distracting. All I did was laugh and say thank God that I didn't have that issue anymore. Long story short I finished long before her because I was able to work without the distraction of Facebook.		
Day 16	Monday	Date: 10/10/2011
Today was another easy day, Facebook was not on my mind at all and I actually didn't even here anyone around me talking about it. It kind of felt like Facebook was never even created for me it just didn't bother me anymore.		
Day 17	Tuesday	Date: 10/11/2011
Well, once again I was very busy, but I was thinking about Facebook because I had someone tell me about drama that was going on, on Facebook. It kind of made me curious as to what the big deal about some girl writing on my boyfriend's wall was. Usually, I would be really curious enough to break this extra credit and go on Facebook, but for some odd reason I just didn't care. I was really happy to not have seen the post and I just let everything go.		
Day 18	Wednesday	Date: 10/12/2011
I was thinking about how after today I only have three more days of no Facebook and then I could have it back if I really wanted to, but all I kept reminding myself was how easy everything was without it. Not having a Facebook probably decreased my stress levels a lot and therefore decreased my acne, which increased my self esteem....beneficial in many ways? I do believe so!		
Day 19	Thursday	Date: 10/13/2011
Once again I thought well only two more days of writing this diary. I didn't think only two more days and I can have my Facebook back. I was actually happier that I wouldn't have to log a diary because I was running out of things to say. It was no longer hard for me to stay off of Facebook so my creative writing was running low in this diary assignment.		
Day 20	Friday	Date: 10/14/2011
Facebook never even crossed my mind again. I was able to contact my friends through friends of theirs or through text. So I had no problem spending a nice relaxing night with people and no Facebook, all I thought was one more day and my extra credit health project is done!		
Day 21	Saturday	Date: 10/15/2011
And today is finally the last day of this health diary. I am not in any way saying I didn't like this assignment; all I am saying is because it became so easy for me to ignore my Facebook, writing this diary became tedious to me. But hey it is worth all the extra credit I can get!		

Evaluate Your Health Behavior Change Experience

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	3	4	X
3	Maintaining the change got harder as time went on	X	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	X	4	5
5	I wasn't sure if I could maintain the change for another 2 weeks	X	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	X
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	4	X
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	X	5

What Did You Learn From This Experience?

Because I had already gone without my Facebook for a week, it became very easy for me to be without it. I actually don't want to have my Facebook back, so I have permanently deleted it. I thought that maybe it would bother me, but it actually makes my life so much easier. I have gotten so much work done in a shorter amount of time because I am not distracted by looking at random things at Facebook. Yes, I still have a twitter but that doesn't really bother me. I learned a lot from this experience. I had a Facebook only to keep in touch with people from my hometown while at school, and to keep in touch with SCSU friends while at home. But I figure now if I really want to talk to people or they really want to talk to me they will text me. I definitely believe that I can stay without a Facebook.

Rate Your Future Success With Your Health Behavior Change

100 %
