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BeWell Assignment #4 (45 points)

Complete and Save this assignment as a .pdf file.

Upload your typed BeWell#4 by the due date to Canvas.

We cannot accept emailed assignments. Late assignments will be penalized as stated in the syllabus.

STEP 1: STAGES OF CHANGE (Transtheoretical Model)

Answer each question in the table in detail about your stages of change.

	Nutrition	Physical Activity
A) List your Stage of Change from BeWell#1 for nutrition and physical activity behavior.	Contemplation – I was considering the possibility of improving my nutrition by eating more fruits. The BeWell when I created my SMART goal was planning stage.	Maintenance – I workout every week and workout each muscle group smartly.
B) List your <u>current</u> Stage of Change for nutrition and physical activity behavior.	Action State – I am still doing my best to eat fruits and I hope that if I continue for long enough I will be in maintenance phase.	Maintenance – Still going strong.
C) Was there a change in your stages of change or your eating/activity behavior over the term? <u>Explain in 2-3 sentences</u> why or why not for both nutrition and physical activity.	Yes. I think the biggest contributor towards my improved nutrition regarding fruits is that there is a noticeable difference in how I feel when I eat fruits vs. when I do not. Fruits in my diet make me feel healthier in a distinct way and I want to continue feeling that way.	No change, luckily no change in the Maintenance phase is a good thing!

STEP 2A: NUTRITION JOURNALING

Using the nutrition journal, record all food and drink consumed for THREE days. At least ONE weekend day (Saturday or Sunday) must be included. All columns within a row must be completed and detailed to earn full credit. You may add additional rows if necessary. If you list 1 serving of food, be sure to state how much 1 serving is, 10 grapes, ½ cup, 6 ounces, etc.

For example: A sandwich should be itemized to be: 2 slices of bread (whole wheat), 2 slices of cheddar cheese, 1 tbsp of mayo & mustard, 4 slices of tomato, 2 leaves of lettuce, 2 slices of turkey.

Date and day of the week	Time	Food and Beverage Consumed	Specific/Standardized Measurement Consumed (4 oz, ½ cup, 1 Tbsp, 4 slices, 8 pieces etc.)	Satiety Level After Eating Meal or Snack 1=hungry, 2=slightly hungry, 3=satisfied, 4=slightly full, 5=very full
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3/3/1	1100	Cereal + milk	1 cup milk, 1 cup cereal	3
3/3/1	1300	Chili + Banana	2 cups, 1 banana	4
3/3/1	1800	Burger + fries from food truck	2 buns, 2 patties, lettuce, tomatoes, pickle, potatoes. Same serving size as Big Mac	4
3/3/2	1000	Omelet, pancakes	Split an Omelet with GF (I ate about 8 oz) and pancakes (I ate 3 at 3 oz each)	5
3/3/2	1800	Roasted Pork, Kale, mashed potatoes	10 oz pork, 6 oz potatoes, 4 oz kale	4
3/3/3	1100	Eggs + spinach	3 eggs, 3 oz spinach	3
3/3/3	1300	Cereal + milk	1 cup milk, 1 cup cereal	3
3/3/3	1900	Chili + Banana	2 cups, 1 Banana	3
note: I didn't snack very much during this in order to avoid having to record everything which gets very tedious.				

Number of fruits consumed in 3 days: _____2_____

Number of vegetables consumed in 3 days: _____2_____

Amount of water (in ounces) consumed over 3 days: _____~150_____

STEP 2B: ACTIVITY AND SEDENTARY BEHAVIOR JOURNALING

Record **ALL ACTIVITY and SEDENTARY time** engaged in for 3 days (one day must be a weekend day). Each day should have between **10 and 12 hours of activity logged**. Do not count sleep. All columns within a row must be completed and detailed to earn full credit. Indicate time spent sitting, exercising (what type,

intensity, and duration), walking, biking, etc. You can combine activities that you do throughout your day (for example: walking to and from class = 10min x 4times = 40 min).

Refer to the following definitions when labeling the intensity of exercise:

- **Sedentary:** Sitting, somewhat inactive or very little movement.
- **Low (Light):** Routine tasks associated with day-to-day life, such as walking or stretching.
- **Moderate:** Breathing and heart rate are accelerated but conversation is comfortable.
- **Vigorous:** Breathing and heart rate considerably elevated; unable to hold conversation.

Date and day of the week	Type of Activity (walking, sitting, studying, swimming, resistance training etc.)	Detailed explanation of activity or sedentary behaviors. For example: 8 reps, 2 sets of 10 push-ups, 1500m swimming, Heart rate during exercise; studying in the library; sitting in class.	Duration of Activity or Sedentary Behavior (minutes or hours)	Intensity (sedentary, low, moderate, vigorous)
3/3/1	Sitting	Studying, driving, watching movie with GF	10 hrs	sedentary
3/3/1	Lifting	Bicep curls, Bicep burnouts, Back rows, rows, bar pulls, pushups, situps	1 hr	vigorous
3/3/2	Sitting	Eating, driving, watching netflix	10 hrs	sedentary
3/3/2	walking	Went for a walk with GF, walked the dog, explored around hometown	2 hrs	low
3/3/3	sitting	Hanging out, driving back to Corvallis, working on schoolwork, video games	12 hrs	sedentary

Total time (in hours and/or more min) spent in sedentary behaviors: _____ 32+ _____

Total time (hours/min) spent in low intensity activity: _____ 2 _____

Total time (hours/min) spent in moderate intensity physical activity: _____ 0 _____

Total time (hours/min) spent in vigorous intensity physical exercise: _____ 1 _____

Question #1: JOURNAL OBSERVATIONS

After reviewing **both** your nutrition and activity & sedentary behavior journals, **explain TWO** interesting perceptions/observations about your entries (one each is adequate although you may list 2 or 3). Additionally, compare and contrast your journaling from BeWell#4 with your BeWell#1 at the beginning of the term and state one insight for both exercise and nutrition.

Perception (s) of food journal:

I think I am doing a pretty good job eating enough, not too much, and eating good foods. The Chili, Roasted Pork meal, and breakfast on Sunday were all particularly healthy and delicious.

Perception (s) of activity and sedentary behavior journal:

A little bit skewed since I don't work out over the weekend, But even during the week I have a lot of sedentary behaviors. One thing I have started doing is taking a stretching and walking break every hour while studying or working and that has helped a lot.

In 1-2 sentences, compare and contrast your current nutrition journal with your BeWell#1 **nutrition** journal. (What were the similarities and differences?)

The biggest difference is that I am routinely eating fruits now (especially bananas I eat those all the time). I eat healthy portions and always include vegetables just like before however.

In 1-2 sentences, compare and contrast your current activity and sedentary behavior journal with your BeWell#1 **activity and sedentary** journal. (What were the similarities and differences?)

Not any change at all, which is good because I am in the maintenance phase for working out and I don't want that to change! Like before I could cut down on sedentary time but that is hard when I study and work so much.

STEP 3: GOAL SETTING

Question 2:	Your Responses
A) State your 1-2 SENTENCE SMART GOAL from previous BeWell assignments: *Be sure you have incorporated your TA/instructor's feedback from previous assignments to revise your SMART goal with all 5 SMART components in one-two sentences.	I am going to eat at least 5 cups of fruit each week for the next 5 weeks, logging my progress on my phone.
B) SMART goal FINAL UPDATE: Your SMART goal (above) was supposed to be completed near the end of the term. In 2-3 sentences , describe your progress on achieving this SMART goal.	I have achieved this goal. I eat at least five cups of fruit which generally means five bananas each week. I haven't missed a beat and if I do miss a day I log it.
**To show skill mastery in goal setting, write a new goal using all the SMART components. Be sure you make your new goal <u>significantly</u> different than your previous goal.	
C) Using the SMART goal format, create a <u>NEW</u> 1-2 sentence SMART goal that you will work towards for the next 4-6 weeks. This goal should be nutrition, exercise or mental health related.	I am going to reduce sedentary behavior by going on at least one 15 minute walk as a study break each day for the next 5 weeks, logging progress on my phone.

STEP 4: PLANNING FOR THE FUTURE

Question 3: *Strategies for the Next Three Months.*

In this quarter, you have learned about eating and exercise patterns and identified how it relates to your personal health and wellness. Describe two strategies that you will personally use to maintain (or improve) your nutrition and exercise patterns in the **next three months**. Each strategy should be detailed in 2-3 sentences. (*Please note: A strategy is a careful plan, be specific*).

Strategy 1: (Nutrition)

I will use my smart goal from before as momentum to continue eating fruit each week. I think one big improvement I could make is to vary the types of fruit I eat, so I will require two different fruits to be eaten each week. This way I will keep on trying new fruits and explore what I like more.

Strategy 2: (Physical Activity)

My biggest goal for physical activity is to keep it up with the maintenance and go on my runs. I mostly lift and do little cardio so I plan on introducing my jogging in my workouts. I will remember that cardio is better AFTER strength training.

Question 4: *The Next Three Years.*

List your current academic major or explain your career aspirations.	a) How will you incorporate healthy eating into your desired career path?	Explain how incorporating healthy eating/exercise patterns will specifically affect <u>two</u> dimensions of wellness.
	b) How will you incorporate Healthy exercise/activity patterns into your desired career path.	
Jet Pilot, USAF	<p>a) You need a top condition body to be a top pilot – By focusing on my nutrition and fitness I can greatly improve my ability to succeed as a pilot.</p> <p>b) Same as with A, I will continue the healthy lifestyle I have already developed and push myself to be stronger so that I can excel in the cockpit.</p>	<p>1) Better nutrition makes you legitimately feel better, so my emotional wellness will continue to improve thanks to better fruit intake</p> <p>2) My physical wellness will continue to improve as well as long as I keep working out and striving to stay healthy. The healthier I am the better I feel and the more my overall wellness can flourish.</p>

**Final Instructions: Save as a .pdf (recommended).
Upload your assignment to Canvas by the due date.
Double check your uploaded document for errors.**