# Behavior Modification Plan: Part 1

15 points

**Target Goal:**

I will form a new behavior of practicing yoga or yoga like stretching exercises for at least 30 minutes three times a week by end of this class.

**Objective**:

My CMT has caused balance issues for me. In turn I have become cautious to prevent injury. This has resulted in stiff joints and shortened tendons. To support my attempt to reverse the disease or at least slow future muscle atrophy I need to gain more flexibility, allowing for full range of motion for compounded movements.

**Baseline:**

My flexibility is abysmal and my stretching routine is nonexistent. Stretching exercises quickly highlight my lack of balance. This is why I have always shied away from them. It has always been easier to use the security of an exercise machine at the gym rather than doing body weight movements.

**Stage of Behavior Change:**

The reading and lectures of the first week solidified my previous knowledge and helped me get passed the initial steps of behavior modification. I now have a goal and a plan to achieve it. My incremental progress toward my goal is quantifiable. So I am in step 5; I am putting my plan in to action.

**Tracking:**

I have always tracked my nutrition and exercises in an online matrix. I have added yoga movements to my weekly plan on Tue, Thu, and Fri mornings.

**Strategies to Achieve My Target Goal:**

1. Establish a routine: Tue, Thu before PED class and Fri mornings before work.
2. Reminder: throughout the day I will get up from behind the desk 5 times and remind myself of my flexibility goal and perform at least a single one minute long stretching pose.
3. Anticipated failure: standing poses are the most difficult ones. I will a) start with seated poses and build up to standing poses and b) do my routine on the lawn or on the cushioned mats to prevent injuries.
4. Support and feedback: My wife and I have always supported each other’s goals. We do this by making sure that we talk about our goal and report on our progress everyday at dinner.

**Reward and Consequences:**

By the end of the semester I will have built enough flexibility and confidence to attend normal yoga classes. So my reward will be to join my wife’s yoga class at the weekends.

Failure to achieve this goal is not any less than failure in any of my academic classes. So regardless of my class grade if I fail to maintain my routine and build a new behavior I must take PDE116 again in the fall.