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### Nutrition Behavior Change Analysis (BCA) Assignment #1 (70 points)

Complete and Save this assignment as a .pdf, .doc, OR .docx file only.

Upload your typed BCA#1 by the due date to Canvas.

We cannot accept emailed assignments.

Late assignments will be penalized as stated in the syllabus.

#### STEP 1: FOOD FREQUENCY AND EATING PATTERNS (5 PTS)

Complete the tables below by indicating your answer with an 'X' in the box that is most accurate for you.

Food Frequency	Daily	4-5 x/ wk	2-3 x/wk	1x/wk	None
How often do you eat dairy products? (milk, cheese, yogurt, etc.)		X			
How often do you eat fruit? (fresh or canned)	X				
How often do you eat vegetables or salad?	X				
How often do you eat meat?	X				
How often do you drink 9-13 cups of water each day?				X	
How often do you eat desserts/sweets? (cake, candy, cookies, etc)				X	
<b>Beverage Frequency</b>	<b>4+</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>None</b>
How many carbonated beverages do you drink per day?					X
How many caffeinated beverages do you drink per day?					X
How many alcoholic beverages do you drink <i>per week</i> ?					X
<b>If you answered at least 1 alcoholic beverage per week, then please answer the following questions.</b>					
Do you drink beer and/or wine?	Yes	No			
Do you drink hard liquor or mixed drinks?	Yes	No			
<b>Eating Patterns</b>	<b>Daily</b>	<b>4-5 x/wk</b>	<b>2-3 x/wk</b>	<b>1 x/wk</b>	<b>Rarely</b>
How often do you eat while watching TV, doing homework or other screen-based activities?				X	
How often do you pay attention or monitor your portion sizes?		X			
How often do you snack between meals?		X			
How often do you eat breakfast within 1-2 hours of waking up?	X				
How often do you eat lunch?	X				

How often do you eat dinner?	X				
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## STEP 2: STAGES OF CHANGE (5 PTS)

**Question #1:** With regards to nutrition, what “Stage of Change” are you currently in and why? What stage would you like to be in by the end of the term? See pages 10 – 11 in your textbook.

Stage of change now: Preparation	Why: I realized that I can improve my nutrition based behavior and I am making little beneficial decisions when it comes to my diet, but I haven't entirely switched to my ideal/desired nutritional condition yet.
Anticipated stage of change at end of term: Action	

## STEP 3: NUTRITION JOURNALING (10 PTS)

Using the nutrition journal table, 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.

**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	Day (Ex. M-F, Sat, Sun)	Time	Food Beverage Consumed	Amount Consumed (oz. Cup, TBS, lb, etc.)	Satiety Level After Eating (1=hungry, 2=slightly hungry, 3=satisfied, 4=slightly full, 5=very full)
1/22/2015	Thursday	10:25 am	One A Day Vitamin	-	4
1/22/2015	Thursday	10:25 am	Whole Milk Yogurt	0.5 cup	4
1/22/2015	Thursday	10:25 am	Blueberries	8	4
1/22/2015	Thursday	10:25 am	Raspberries	8	4
1/22/2015	Thursday	10:25 am	Granola	.125 cup	4
1/22/2015	Thursday	10:25 am	Mango	1.5	4
1/22/2015	Thursday	10:25 am	Naked Protein Juice Smoothie (Main Details Below)	15.2 oz	4
1/22/2015	Thursday	10:25 am	Mango (Puree)	0.75	4
1/22/2015	Thursday	10:25 am	Orange (Juice)	1	4
1/22/2015	Thursday	10:25 am	Banana (Puree)	0.5	4
1/22/2015	Thursday	10:25 am	Apple (Juice)	1.75	4
1/22/2015	Thursday	10:25 am	Soy and Whey Protein	30 g	4

1/22/2015	Thursday	6:10 pm	Wheat Tortilla	1	4
1/22/2015	Thursday	6:10 pm	Chicken	0.25 cup	4
1/22/2015	Thursday	6:10 pm	Brown Rice	0.25 cup	4
1/22/2015	Thursday	6:10 pm	Black Beans	0.25 cup	4
1/22/2015	Thursday	6:10 pm	Cheddar Blend	1 T	4
1/22/2015	Thursday	6:10 pm	Cotija Cheese	1 T	4
1/22/2015	Thursday	6:10 pm	Lettuce	-	4
1/22/2015	Thursday	6:10 pm	Cabbage	-	4
1/22/2015	Thursday	6:10 pm	Onions	-	4
1/22/2015	Thursday	6:10 pm	Tomatoes	-	4
1/22/2015	Thursday	6:10 pm	Corn	-	4
1/22/2015	Thursday	6:10 pm	Olives	-	4
1/22/2015	Thursday	6:10 pm	Cilantro	1 t	4
1/22/2015	Thursday	6:10 pm	Cilantro Sour Cream	3 T	4
1/22/2015	Thursday	6:10 pm	Salsa Verde	2 T	4
1/22/2015	Thursday	6:10 pm	Tortilla Chips	.125 cup	4
1/22/2015	Thursday	All Day	Water	1 L	-
1/23/2015	Friday	11:15 am	One A Day Vitamin	-	4
1/23/2015	Friday	11:15 am	Whole Milk Yogurt	0.5 cup	4
1/23/2015	Friday	11:15 am	Blueberries	8	4
1/23/2015	Friday	11:15 am	Raspberries	8	4
1/23/2015	Friday	11:15 am	Granola	.125 cup	4
1/23/2015	Friday	11:15 am	Naked Protein Juice Smoothie (Main Details Below)	15.2 oz	4
1/23/2015	Friday	11:15 am	Apple (Juice)	2.33	4
1/23/2015	Friday	11:15 am	Kiwi (Puree)	0.5	4
1/23/2015	Friday	11:15 am	Pineapple (Juice)	0.5	4
1/23/2015	Friday	11:15 am	Banana (Puree)	0.5	4
1/23/2015	Friday	11:15 am	Soy and Whey Protein	30 g	4
1/23/2015	Friday	7:00 pm	Avocado	0.5	3
1/23/2015	Friday	7:00 pm	Cilantro	1 t	3
1/23/2015	Friday	7:00 pm	Coriander	-	3
1/23/2015	Friday	7:00 pm	Jicama	.125 cup	3
1/23/2015	Friday	7:00 pm	Bell Pepper	.25	3
1/23/2015	Friday	7:00 pm	Mango	1 T	3
1/23/2015	Friday	7:00 pm	Pineapple	1 T	3
1/23/2015	Friday	7:00 pm	Quinoa	0.25 cup	3
1/23/2015	Friday	7:00 pm	Brown Rice	0.25 cup	3
1/23/2015	Friday	7:00 pm	Black Beans	.125 cup	3

1/23/2015	Friday	7:00 pm	Almonds	1 T	3
1/23/2015	Friday	7:00 pm	Turmeric	-	3
1/23/2015	Friday	7:00 pm	Kosher Salt	-	3
1/23/2015	Friday	7:00 pm	Lime Juice	-	3
1/23/2015	Friday	7:00 pm	Chipotle Sauce	2 T	3
1/23/2015	Friday	All Day	Water	1 L	-
1/24/2015	Saturday	9:15 am	One A Day Vitamin	-	3
1/24/2015	Saturday	9:15 am	Whole Grain Steel Cut Oats	72 g	3
1/24/2015	Saturday	9:15 am	Brown Sugar	-	3
1/24/2015	Saturday	9:15 am	Salt	-	3
1/24/2015	Saturday	9:15 am	Cinnamon	-	3
1/24/2015	Saturday	12:45 pm	Chicken Pad Thai (Main Details Below)	2 cups	5
1/24/2015	Saturday	12:45 pm	Rice Noodles	1.5 cups	5
1/24/2015	Saturday	12:45 pm	Chicken	0.5 cup	5
1/24/2015	Saturday	12:45 pm	Bean Sprouts	0.25 cup	5
1/24/2015	Saturday	12:45 pm	Cabbage	0.25 cup	5
1/24/2015	Saturday	12:45 pm	Egg	1	5
1/24/2015	Saturday	3:00 pm	Chocolate Cake	1 cup	3
1/24/2015	Saturday	3:10 pm	Raspberry Lemonade	0.25 cup	3
1/24/2015	Saturday	9:00 pm	Chicken and Rice Canned Soup (Main Details Below)	15 oz	3
1/24/2015	Saturday	9:00 pm	Chicken Broth	9 oz	3
1/24/2015	Saturday	9:00 pm	Carrots	1 T	3
1/24/2015	Saturday	9:00 pm	White Chicken Meat	3 T	3
1/24/2015	Saturday	9:00 pm	White Rice	0.25 cup	3
1/24/2015	Saturday	9:00 pm	Celery	1 T	3
1/24/2015	Saturday	1:00 am	Pretzels	0.4 cup	4
1/24/2015	Saturday	1:00 am	Peanut Butter	0.25 cup	4
1/24/2015	Saturday	All Day	Water	1.5 L	-

**Question #2:** After reviewing your nutrition journal, explain **TWO** interesting perceptions/observations.  
(Consider proud accomplishments, areas for improvement or whether or not your routine is sustainable.)

Perception #1: I have a wider variety of fruits and vegetables in my diet than I thought.

Perception #2: It is nice to notice that I am considered satisfied or full to some extent based on what I eat.

How will you use this data and information towards your current nutrition goal?

I will use this data to help figure out the areas that can be improved with my overall food and beverage intake, in order to aim for a better nutritional state.

#### STEP 4: GOAL SETTING (14 PTS)

**Question #3:** Write a nutrition-related SMART goal in one sentence below.

To improve my nutrition, I will increase my overall fiber intake by consuming one serving of foods that contain whole grains every day till Week 10 of the 2015 Winter Term and documenting what food(s) that I have eaten every day that contained whole grains.

Based on your SMART goal above, answer the following questions:

How is your goal specific?

It is specific with the statement that I want “to improve my nutrition” by increasing “my overall fiber intake”.

How is your goal measurable (how will you track this goal)?

I will track this goal by keeping documentation of what food(s) that I have eaten every day that contained whole grains.

How is your goal action-oriented and realistic?

It is action-oriented with the statement of “consuming one serving of foods that contain whole grains”.

It is realistic in a way that I made sure to start small in consumption with one serving, because my current fiber intake is close to non-existent.

What is the time frame (or end date) for you to achieve your goal?

The end date for me to achieve my goal is Week 10 of this 2015 Winter Term.

**Question #4:** What are **TWO** smaller goals (or mini-goals) that will help you achieve your overall SMART goal during the term? (These mini goals should be completed prior to your SMART goal above and help you progress towards your SMART goal.) What will you reward yourself with when you achieve your SMART goal?

2 mini goals:	1. I will create a list of a variety of foods that contain whole grains based on researched outside sources.  2. I will make sure I have access to foods that contain whole grains every day by planning where to eat and what food to buy.
SMART goal Reward:	I will reward myself with my personal satisfaction of having an improved digestive track for everyday comfort.

**Question #5:** Identify three specific and distinct resources and explain how each will assist you in achieving your target behavior. For SMART goal accountability, list at least one person that you will share your SMART goal with. When will you tell them? Be specific

3 specific resources:	<p>1. OSU West Dining Hall</p> <p>How this resource will assist me: By being a physical location where I consume most of food every day- where I make most of my food choices.</p> <p>2. Notes app on my phone</p> <p>How this resource will assist me: By being a program where I will document my intake of foods that contain whole grains every day.</p> <p>3. Google Search Engine</p> <p>How this resource will assist me: A search engine that I will use in order to discover websites that will provide me with information on a variety of foods that contain whole grains.</p>
Accountability person: (Who):	Leslie Antell (roommate)
When will you tell them?	As soon as I am prepared and start my progress on my SMART goal, so she knows when and what I am aiming for for the rest of the term.

## STEP 5: OVERCOMING BARRIERS FOR HEALTHY EATING/ NUTRITION (6 PTS)

**Question #6:** List and explain three potential barriers that could prevent you from being successful at achieving consistent healthy eating patterns or your nutrition-related SMART goal. Describe three corresponding strategies you will incorporate in your life to overcome the barriers you listed.

Barrier 1: The main dining hall (West) where I purchase most of my daily meals, closed most of their restaurants for the day, which will limit my choices of the foods I will eat for that day.

Strategy 1: Research/go to other places and dining halls on campus that I can go to for a wider variety of food choice where there will be foods that are whole grain based.

Barrier 2: I will forget to consume a whole grain based food for a day because it has been a busy day overall.

Strategy 2: Create a couple of sticky notes on places where I usually see every day, such as my mirror and desk area , that will remind me to eat at least one serving of whole grains for the day.

Barrier 3: I will be placed in a situation where eating whole grain based foods will not be the popular choice to consider.

Strategy 3: Overcome the popular choices in my every day meals by mentally convincing myself, in order to get that one serving of foods with whole grains for the day.

## STEP 6: STRESS MANAGEMENT (7 PTS)

Go to: <http://www.roadtowellbeing.ca/questionnaires/perceived-stress.html>

- a) Complete the questionnaire and click “calculate” to better understand how you perceive stress in various life situations.
- b) **Paste a screen shot of your Perceived Stress Score below:**  
(For PC users: Hit the “PrtScn” button then “Ctrl V”; For Mac users: Hit “command, shift, 4” all at once)
- c) Scores range from 0-40. 0-13 = low perceived stress; 14-26= moderate perceived stress; 27-40 = high perceived stress

PSS Score: 5

**Question #7:** Explain how you scored (number and category (low, medium, high)) on the Perceived Stress Scale (PSS) and potential reasons as to why you scored the way you did on this scale. Be specific and relate your answers to your personal experiences.

I scored a 5 on the Perceived Stress Scale, which is considered a low perceived level of stress. Some potential reasons as to why I scored the way is that I believe I have a pretty good control of my personal stress level and emotion and feelings overall, I know how deal with my stress why I as stressed, I try hard to surround myself with people that don't stress me out, and I like to think on the positive side of most things because I do not like experiencing moments that negatively affect me. For example, fairly important assignments such as this one, can tend to begin to stress me out because I feel like I wait till the last minute to complete them, but then I mental tell myself not to worry about it too much, because I know if I stick to it and just do it, it will get completed, which lowers my stress level a bit. But then if I still feel like I might get a little bit too stressed out, I take a break and do something that will lower my stress level, which is usually something that is art and/or music related.



## STEP 7: RELAXATION/STRESS MANAGEMENT VIDEO MODULES (18 PTS)

Watch two (2) videos from the list below. ONE video must be a PARTICIPATE option.

TOPICS	WEBLINKS
Relaxation exercise (participate)	Need to Relax? Take a break for meditation <a href="http://www.mayoclinic.org/healthy-living/stress-management/multimedia/meditation/vid-20084741">http://www.mayoclinic.org/healthy-living/stress-management/multimedia/meditation/vid-20084741</a>
Progressive Relaxation (participate)	Guided Relaxation - Progressive Muscle Relaxation Video <a href="http://media.oregonstate.edu/media//0_q4o8z6y1">http://media.oregonstate.edu/media//0_q4o8z6y1</a> Progressive Muscle Relaxation Meditation <a href="http://media.oregonstate.edu/media//0_l70vpv9l">http://media.oregonstate.edu/media//0_l70vpv9l</a>
Time Management:	How to get more Time in your day <a href="http://media.oregonstate.edu/media//0_dp82snvi">http://media.oregonstate.edu/media//0_dp82snvi</a> How to manage your time better <a href="https://media.oregonstate.edu/media/0_rk15fi4t">https://media.oregonstate.edu/media/0_rk15fi4t</a> Time Management: How to write a to-Do list and know where your time goes <a href="https://media.oregonstate.edu/media/0_rk15fi4t">https://media.oregonstate.edu/media/0_rk15fi4t</a>
Mindfulness:	All it takes is 10 mindful minutes <a href="http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes">http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes</a>

**Question #8:** Based on the 2 videos you viewed, answer the following questions with a detailed explanation.

Describe which relaxation option you watched/participated in?	Briefly state why you chose this video.	Explain what you learned through this video with regards to relaxation.	How do you think you can use this information in your current life?
1) I participated in the "Need to Relax? Take a break for meditation" video.	It was the shortest video out of three participation videos.	I learned how rhythmically control me breathing as I relax.	I can take that pattern of breathing and apply it when I want to relax, because it's effective.
2) I watched the "Time Management: How to write a to-Do list and know where your time goes" video.	It was one of the shorter videos to choose from, and I actually wanted to learn how to make my to-do lists more doable overall.	I learned that have your to-do list consists of task, not goals and projects, which relates to relaxation because it minimizes stress and worry as you check things off your to-list.	I can create my everyday to-do list where items on the list will actually get done more efficiently without stressing myself out.

**Final Instructions: Save as a .pdf (recommended), .doc, OR .docx.  
Upload your assignment to Canvas by the due date.**