**Name:** Katie Prescott

**Extra Credit Extension: DUE by Friday, December 7 by 5:00pm. Submit on CANVAS**

**Worth 20 points**

**1. Relist the area of your personal health that you are working on**

A) Nutrition

**2. Relist your primary health goal, your two outcomes, and how you will measure your progress:**

Goal: Drink at least 4 bottles of water (approx. 72 oz.) per day, and continue to eat healthier.

Outcome # 1: Increase energy levels

Outcome # 2: Improve mood

How I will measure progress towards my health goal: I will keep a daily log of my water intake to measure how many bottles of water I drink a day. I will also log my food as a scale of 1-5, 1 being unhealthy, mostly junk food, and 5 being extremely healthy, almost no junk food.

How I will measure whether I’ve achieved outcome # 1: I will log my energy levels each day on a scale of 1-5, 1 being no energy/extremely fatigued, and 5 being high energy, not at all fatigued.

How I will measure whether I’ve achieved outcome # 2:I will log my mood each day on a scale of 1-5, 1 being very upset/bad mood, and 5 being very upbeat/good mood.

**3. Relist your action plan for achieving your goal (implementation intentions)**

**Where, when, and/or how you will carry out your goal:**

# 1: If I notice my mouth is dry,

then I will drink more water.

# 2: If I am in a bad mood,

then I will drink more water the rest of the day.

# 3: If I feel groggy and tired in the morning,

then I will drink more water that day than the day before.

**How you will deal with obstacles/temptations:**

# 4: If I am craving junk food (I read it is a sign of dehydration),

then I will drink water rather than eat junk food.

# 5: If I am working out,

then I will drink at least one full water bottle during the work-out.

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| **Date: Wed 10/24** |  | **Comments on the Week:** |
| Water: 45oz | Food: 4 | I treated this week a little bit more as establishing a baseline for drinking water. As far as eating healthy, I continued as I have this past month. I found that, in general, I don’t drink as much water as I should, or even as much as I would like. Throughout the week, I noticed that I was pretty low on energy towards the end of the first week, but I think its because I got sick. I was confused for a little while, because I was putting in a more conscious effort to drink more water, but my throat kept feeling dry. Turns out, it wasn’t lack of water; it was because I got a cold. Mood was pretty steady all week. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 3 |
| **Date: Thu 10/25** |  |
| Water: 50oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 3 |
| **Date: Fri 10/26** |  |
| Water: 50oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sat 10/27** |  |
| Water: 45oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 4 | Evening: 4 |
| **Date: Sun 10/28** |  |
| Water: 54oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 2 | Midday: 3 |
| Evening: 2 | Evening: 3 |
| **Date: Mon 10/29** |  |
| Water: 45oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 2 | Midday: 3 |
| Evening: 2 | Evening: 3 |
| **Date: Tues 10/30** |  |
| Water: 60oz | Food: 4 |
| Energy: | Mood: |
| Morning: 2 | Morning: 3 |
| Midday: 2 | Midday: 2 |
| Evening: 2 | Evening: 3 |  |

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| **Date: Wed 10/31** |  | **Comments on the Week:** |
| Water: 54oz | Food: 3 | This week, I was pretty sick, I had a bad cold. It was actually the first time in a very long time that I had chest congestion rather than nasal congestion, so it was even less fun than normal for me. Because of the lack of energy from being sick, I ordered food rather than made food, and that led to me eating less healthy. Over the weekend, I ended up laying in bed almost all day Sunday, resting from being sick and watching Netflix and doing a little bit of homework. Once Monday hit, and I was no longer sick, I was able to start focusing on eating healthy and being more conscious about drinking water. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 2 | Evening: 3 |
| **Date: Thu 11/1** |  |
| Water: 72oz | Food: 2 |
| Energy: | Mood: |
| Morning: 2 | Morning: 3 |
| Midday: 1 | Midday: 2 |
| Evening: 2 | Evening: 3 |
| **Date: Fri 11/2** |  |
| Water: 54oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sat 11/3** |  |
| Water: 64oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sun 11/4** |  |
| Water: 48oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 2 | Evening: 3 |
| **Date: Mon 11/5** |  |
| Water: 58oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 2 |
| **Date: Tues 11/6** |  |
| Water: 64oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 3 |
| Evening: 3 | Evening: 2 |  |

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| **Date: Wed 11/7** |  | **Comments on the Week:** |
| Water: 64oz | Food: 2 | This week felt pretty good. Most of the week, I feel like I did a good job with drinking water, and staying hydrated. Over the weekend, I almost pulled an all nighter working on homework that took way longer than it should have, I stayed up working on it until almost 5am, so Sunday was rightfully a very low energy cheat day. But other than that, I feel this week has been pretty easy going on food. With Thanksgiving around the corner, I can tell my mood is going to start going up, because pretty soon I will get to go home and see my family. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Thu 11/8** |  |
| Water: 54oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 2 | Evening: 3 |
| **Date: Fri 11/9** |  |
| Water: 54oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 2 | Evening: 3 |
| **Date: Sat 11/10** |  |
| Water: 54oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sun 11/11** |  |
| Water: 38oz | Food: 2 |
| Energy: | Mood: |
| Morning: 2 | Morning: 3 |
| Midday: 2 | Midday: 4 |
| Evening: 2 | Evening: 3 |
| **Date: Mon 11/12** |  |
| Water: 45oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Tues 11/13** |  |
| Water: 56oz | Food: 4 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 4 | Evening: 3 |  |

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| **Date: Wed 11/14** |  | **Comments on the Week:** |
| Water: 62oz | Food: 3 | This week, I feel like I did alright with most days, except with Friday, when I flew home. I usually try to not drink a lot of water on the days I fly, because I don’t want to get up 10 times on the flight. I definitely felt the consequences though, because my throat was really dry when I got home and the next day. It definitely takes a lot to get back to normal when you drink a lot of water. Other than that, I think I did pretty well the rest of the week, with some room for improvement. Ideally, I would love to be able to drink as much water everyday as I did on Monday. I went to Disneyland with my sister, so it was easy to drink a lot of water there. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 3 |
| Evening: 3 | Evening: 3 |
| **Date: Thu 11/15** |  |
| Water: 56oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 4 |
| **Date: Fri 11/16** | **Fly Home** |
| Water: 32oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 2 | Evening: 5 |
| **Date: Sat 11/17** |  |
| Water: 54oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sun 11/18** |  |
| Water: 48oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Mon 11/19** | **Disneyland** |
| Water: 78oz | Food: 2 |
| Energy: | Mood: |
| Morning: 4 | Morning: 4 |
| Midday: 4 | Midday: 4 |
| Evening: 4 | Evening: 3 |
| **Date: Tues 11/20** |  |
| Water: 45oz | Food: 3 |
| Energy: | Mood: |
| Morning: 2 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |  |

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| **Date: Wed 11/21** |  | **Comments on the Week:** |
| Water: 64oz | Food: 3 | So clearly, with Thanksgiving, this week wasn’t going to have a great start, health wise. Thursday and Friday was all about the Thanksgiving food and leftovers. Thursday wasn’t the best with water, because most of us were drinking mimosas all day, because what else do you do on the holidays? ☺ I feel like I got back on track mostly over the weekend, and Monday was back to a lighter amount of water, but that’s because of flying back to New Jersey. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Thurs 11/22** | **Thanksgiving** |
| Water: 30oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 4 |
| **Date: Fri 11/23** |  |
| Water: 48oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sat 11/24** |  |
| Water: 56oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 3 |
| **Date: Sun 11/25** |  |
| Water: 48oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 2 |
| **Date: Mon 11/26** | **Back to Hoboken** |
| Water: 32oz | Food: 2 |
| Energy: | Mood: |
| Morning: 2 | Morning: 2 |
| Midday: 3 | Midday: 3 |
| Evening: 2 | Evening: 4 |
| **Date: Tues 11/27** |  |
| Water: 56oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 3 |  |

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| **Date: Wed 11/28** |  | **Comments on the Week:** |
| Water: 48oz | Food: 4 | I feel like this week I did pretty well with drinking water, besides Thursday. Although I haven’t really been able to drink as much as my goal, I feel like I have definitely been drinking more water than I used to. I’ve definitely started to feel the stress of finals, and I can’t wait to go home again, so that definitely helps keep my spirits up through finals ☺  Now my goal is to not forget about my health during finals, and just get ready for home and next semester. |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 3 |
| Evening: 3 | Evening: 4 |
| **Date: Thu 11/29** |  |
| Water: 32oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 2 | Evening: 3 |
| **Date: Fri 11/30** |  |
| Water: 54oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sat 12/1** |  |
| Water: 60oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 3 |
| **Date: Sun 12/2** |  |
| Water: 64oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 4 | Midday: 4 |
| Evening: 3 | Evening: 4 |
| **Date: Mon 12/3** |  |
| Water: 56oz | Food: 2 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 3 |
| Evening: 3 | Evening: 3 |
| **Date: Tues 12/4** |  |
| Water: 48oz | Food: 3 |
| Energy: | Mood: |
| Morning: 3 | Morning: 3 |
| Midday: 3 | Midday: 4 |
| Evening: 4 | Evening: 2 |  |

Now that you have been monitoring your behavior for an additional 6 weeks (through Wednesday, December 5), please answer the following questions:

**Reflections (WRITE AT LEAST 5 COMPLETE SENTENCES PER QUESTION):**

1. **From the time of your baseline measure through your last observation, describe how your target health behavior has changed. For example, did you see steady and consistent progress? Were certain portions of this project easier or harder than others? Do you feel as though you have incorporated this behavior into your lifestyle?**

My health behavior has changed quite a bit since the start of this project. At first, I wanted to see how eating healthy would affect my energy and stress/anxiety (I mostly looked at stress, rather than anxiety because it was easier to measure). After the first couple of weeks, I realized that how I ate didn’t really have much effect on my stress levels; it was mostly related to classes and other things going on in my life. Then, I wanted to look at how mindful eating helped in eating healthy. In this portion, I found that it was easier to enjoy my healthy options when I practiced mindful eating. Over time, I also found that it was mostly important when I was shopping, rather than making food, because I make what I have, and don’t eat out that much, but if I buy a lot of junk food, that is what I will eat that week. Once I realized this, eating healthier became much easier. That was when I realized I was lacking in my water intake. So I decided that for the extra credit portion, I would track how much water I drank, and wanted to see how it affected my mood and energy. I definitely noticed that around days I didn’t drink much water, I was crankier and usually in a worse mood than on days I drank more water. And although I didn’t drink my goal amount as often as I would have liked, I definitely increased my normal intake of water, and I can tell the difference between a good amount of water and needing to drink more. I really think that I was able to incorporate both eating healthy and drinking more water into my lifestyle, but I do need some extra reminding every once in a while for drinking more water. Traveling, especially when flying, is definitely difficult to make sure to drink enough water, because I don’t really like getting up to go the bathroom on a plane.

1. **What is your overall takeaway message from this project? Do you plan to continue with your health goal? Why or why not? Has this project given you a better understanding of how to change your behavior?**

I think the biggest takeaway message is that it is difficult to maintain a healthy lifestyle, but that doesn’t mean impossible. It doesn’t matter if you “fall off the wagon” at times and give yourself a cheat day. If your trying to eat healthier, and you eat cake or ice cream one day, it’s not the end of the world. If your trying to go to the gym more, and you miss a day, it’s not the end of the world. As long as you remain consistent and don’t let a cheat day become a cheat week and you make sure it doesn’t mean the end of your goal, you will get healthier, and it will help you stay healthy. I think a lot of times, people see cheating on their goals as the end of their goal, and they give up. As long as you get back into your goal, you will still be successful. I will definitely continue with my goal, and continually work to keep myself healthy. I used to think that it pretty much was the way it was for me, and didn’t really think there was all that much that I could do to change my behaviors. I thought that many of my behaviors were too ingrained, and that I wouldn’t be able to meaningfully change anything, but now I am a firm believer that we have the power to change our behaviors and live healthier lifestyles, as long as we are willing to put in the work to motivate ourselves and others.

1. **Do you have feedback on how to improve this project? If you were going to design a similar project in which individuals choose a behavior change goal and track their progress, what would you do? Do you think technology could be incorporated into this project to better facilitate tracking of one’s goal or staying on top of one’s goal?**

I think one thing I really benefited from was having multiple times a day of tracking my behaviors, and I think others could really benefit as well. If you think about it, if you go to bed extremely exhausted, but the rest of your day you were pretty energized, then you will likely only remember feeling really, really tired. I think it can help you discern more of the effects of your behaviors and what you are tracking. Say you were tracking how much water you were drinking and you forgot to drink any water one day, and you were wondering why you were so tired at night, but not the rest of the day, it could give you more insight about the effects of not drinking water, and about how long it takes to start feeling so run down. Then you will be able to figure out when you forgot to drink water in the future. One thing that could be incorporated in the future is some sort of alert system, whether it’s done in an app or just as reminders on your phone, but it could help people to be reminded to follow their behavior change. This could then help people change this from a new behavior to a habit. For example, if you’re trying to eat healthier, and you know that after 9pm is when you start to crave ice cream or chocolate, you could have a reminder se to go off at about 9pm, reminding you not to cheat on your health behavior. You could even incorporate cheat days by skipping the reminder on a certain day of the week. I think this would be an interesting way to incorporate technology into this project.

1. **If a friend or family member came to you and asked for your help setting and sticking with a behavior change goal, what advice would you give them? How would you encourage them to stay on track with their goal? What advice would you provide about how to deal with setbacks or obstacles during the behavior change process?**

I would tell them to make sure to track their behavior in some way, so they know how they are doing, and what progress they are making. This will also help them feel accountable for their actions. If it was something that I could work on as well, like perhaps going to the gym more or continuing to eat healthier options, I would offer to help them by working together, and keeping each other accountable as well. If not, I would suggest they have a buddy to do this with to help keep them both accountable. I would probably tell them to think about ways to manage setbacks in a similar way we did in this project, but also let them know that it’s ok if they have a cheat day, but encourage them to find a way to make sure they get back on track the next day. I think one of the hardest things to do is get back on track if you think of a cheat day as an extreme setback rather than a break. It’s not the end of the world, it’s like when you are at work, you need to have a break during the day, because if you don’t, you may lose productivity. A cheat day is just a break, nothing to worry too much about.