**Name:** Katie Prescott

**DUE Tuesday, October 2 by 5:00pm. Submit on CANVAS**

**Note that for every 24 hour period the assignment is late, you will lose 25% of your grade.**

**Late assignments will no longer be accepted after 10/6.**

**1. What area of your personal health that you want to work on (highlight one option from the list below):**

A) Nutrition

B) Exercise

C) Smoking (Tobacco)

D) Alcohol consumption

E) Sleep

F) Stress

**2. List your primary health goal, two outcomes you hope to achieve, and how you plan to measure your progress:**

Goal: Better Nutrition. .

Outcome # 1: Decrease anxiety from too much junk food. .

Outcome # 2: Increase energy levels. .

How I will measure progress towards my health goal: I will keep a daily log of what I eat I will also meal plan and prep food in order to maintain a healthy diet. .

How I will measure whether I’ve achieved outcome # 1: I will log my stress/anxiety level on a scale of 1-5 daily, 1 being not stressed, and 5 being extremely stressed.

How I will measure whether I’ve achieved outcome # 2: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.

**3. Provide a baseline measurement for your goal:**

In the last week, I have eaten somewhat decently, but need to work on following through on meal plans and prepping. I ate out too much, and need to make sure to cook healthy options rather than eating out.

**4.** **Develop specific action plans for reaching your goal. Using the “If-Then” format, form THREE action plans describing where, when, and how you will carry out your goal, and TWO action plans describing how you will deal with obstacles/temptations.**

**In the blank following “If” specify an opportunity/situation,**

**and in the blank following “Then” specify how you will react to that opportunity/situation.**

**Remember: you are trying to connect some future critical situation with a specific response.**

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

# 1: If I have a meal plan, then I will prep the meal the night before.

# 2: If my meal is prepped, then I will cook that meal.

# 3: If I have class or work all day, then I will bring my lunch with me.

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

# 4: If I feel unmotivated to stick to my meal plan, then I will talk to my friend Hannah for motivation.

# 5: If I REALLY need something that is not part of my meal plan for the day (i.e. junk food), then I will eat it in moderation (i.e. I will NOT eat an entire pint of ice cream in one sitting…).

**5. Create a chart for tracking your progress towards your specific goal and desired outcomes. Include scores for measuring your goal, outcome # 1, outcome # 2, and comments for that day (1-2 sentences indicating your thoughts about your behavior that day). Include a chart tracking your progress for EACH day (you should have 14 charts total for the 2-week period). Here is a template (feel free to change the format as you see fit):**

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| Day 1 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Monday, Sep 17)  Breakfast: Overnight Oats (Organic Oats, Almond Milk, Peanut Butter, Banana)  Lunch: Ham and Cheese Sandwich, Granola Bar, Orange  Dinner: Garlic Teriyaki Salmon, Steamed Green Beans |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 2 = Low  Mid Day: 3 = Moderate  Evening: 3 = Moderate |

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| Day 2 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: No – didn’t eat well for breakfast, ate way too many goldfish | Food Log: (Tuesday, Sep 18)  Breakfast: Banana  Lunch: Salad (romaine lettuce, cheese, carrots, mandarin oranges, ranch dressing)  Snack: Goldfish  Dinner: Garlic Teriyaki Chicken, Steamed Green Beans |
| Outcome 1 | Anxiety Level (1-5): | Morning: 2 = Low  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 4 = High  Mid Day: 4 = High  Evening: 3 = Moderate |

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| Day 3 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: No – ate too much chocolate cake and ingredients while making, didn’t eat a good lunch. | Food Log: (Wednesday Sep 19)  Breakfast: Overnight Oats (Organic Oats, Almond Milk, Organic Maple Syrup, Peanut Powder)  Lunch: Oranges, Nectarine  Dinner: Mac n Cheese  Dessert: Chocolate Cake  Did not have a good lunch, and at way too much chocolate cake than I should have, but it was worth it in the moment. ☺ |
| Outcome 1 | Anxiety Level (1-5): | Morning: 2 = Low  Mid Day: 3 = Moderate  Evening: 4 = High |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |

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| Day 4 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: No – didn’t eat what I should have for lunch. | Food Log: (Thursday Sep 20)  Breakfast: Overnight Oats (Organic Oats, Almond Milk, Peanut Powder, Honey)  Lunch: oranges  Dinner: Ground Turkey Tacos  Should have eaten more at lunch than just a couple of oranges, need to work on making sure I pack a better lunch if I know I’m not going home during the day. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 2 = Low  Evening: 3 = Moderate |

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| Day 5 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Friday Sep 21)  Breakfast: Overnight Oats  Lunch: Romaine Salad, Carrots, Cheese, Chicken, Sunflower Seeds, Dried Cranberries, Ranch Dressing  Dinner: Left Over Turkey Tacos  Low energy at end of day because of Send Silence Packing event (all day) |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 4 = High  Mid Day: 3 = Moderate  Evening: 2 = Low |

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| Day 6 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: No  Prep: No  Goal: No | Food Log: (Saturday Sep 22)  Breakfast: Pancakes and Fruit  Lunch: Nachos  Dinner: Mozzarella Sticks and Chicken Tenders  This was my cheat day, I did a bar crawl with a couple friends, and at the end of the day, I’m pretty sure I had really bad heartburn. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 4 = High  Mid Day: 4 = High  Evening: 2 = Low |

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| Day 7 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan:  Prep:  Goal: | Food Log: (Sunday Sep 23)  Breakfast: Egg and Cheese Sandwich  Lunch:  Dinner:  \*\*\* Missed filling out this day, By the time I remembered to fill it in, I couldn’t remember everything. |
| Outcome 1 | Anxiety Level (1-5): | Morning:  Mid Day:  Evening: |
| Outcome 2 | Energy Level (1-5): | Morning:  Mid Day:  Evening: |

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| Day 8 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Monday Sep 24)  Breakfast: Yogurt and fruit parfait  Lunch: Left over Turkey Tacos  Dinner: Teriyaki Salmon and Sweet Potatoes |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |

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| Day 9 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: No  Prep: No  Goal: Yes | Food Log: (Tuesday Sep 25)  Breakfast: Cereal  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons, and Ranch Dressing  Dinner: Egg and Cheese Bagel  Dessert: Frozen Yogurt  Didn’t have a lot of energy in the morning, but in the evening, I got frozen yogurt with a friend of mine, and we just hung out and chatted for 2 hours. We hadn’t had a lot of chances to just sit and talk so it was really great. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 =Moderate  Mid Day: 4 = High  Evening: 2 = Low |
| Outcome 2 | Energy Level (1-5): | Morning: 2 = Low  Mid Day: 3 = Moderate  Evening: 3 = Moderate |

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| Day 10 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Wednesday Sep 26)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Organic Honey)  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons, and Ranch Dressing  Dinner: Cheese Burger and Sweet Potatoes  I felt very productive today, I got a lot done in the morning and still had a good amount of energy mid day while I was assisting in coaching. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 4 = High  Mid Day: 4 = High  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |

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| Day 11 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Thursday Sep 27)  Breakfast: Overnight Oats (Organic Oats, Peanut Butter, Organic Honey, Almond Milk)  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons, and Ranch Dressing  Dinner: Egg and Cheese Bagel |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |

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| Day 12 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: Yes  Goal: Yes | Food Log: (Friday Sep 28)  Breakfast: Overnight Oats (Organic Oats, Peanut Butter, Almond Milk, Organic Maple Syrup)  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons and Ranch Dressing  Dinner: Ground Beef Quesadilla  I had a good amount of energy and lower anxiety today, because a friend of mine just adopted a dog, and I spent most of the day playing with him. Dogs are great relaxers! |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 2 = Low  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |

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| Day 13 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: No  Prep: Yes  Goal: No | Food Log: (Saturday Sep 29)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Organic Honey)  Lunch: Ham, Egg, and Cheese Bagel  Dinner: Chinese Food  Cheat day, I worked pretty much all day, I started with assisting with coaching the swim team, then taught lessons from 12~5, and managing the pool 5~9. This means that I had to buy lunch and dinner at the same time with limited options. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 4 = High  Mid Day: 3 = Moderate  Evening: 2 = Low |

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| Day 14 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: No  Prep: No  Goal: Yes | Food Log: (Sunday Sep 30)  Breakfast: Bagel with Cream Cheese  Lunch: Grilled Chicken and Cheddar BBQ Sandwich  Dinner: Garlic Teriyaki Salmon  Dessert: Scoop and a half ice cream  Today I volunteered at the Hoboken Arts and Music Festival, I was table-sitting for American Foundation for Suicide Prevention, promoting the Out of the Darkness walk in October, so I bought lunch, rather than packing it. |
| Outcome 1 | Anxiety Level (1-5): | Morning: 3 = Moderate  Mid Day: 4 = High  Evening: 3 = Moderate |
| Outcome 2 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |

Create additional charts for Days 3 – 14.

Now that you have been monitoring your behavior for a 2-week period, please answer the following questions:

**1. Describe your progress towards meeting your health goal. Have you been meeting your goal most days? Are you satisfied with your progress? In addition to meeting your health goal, have noticed changes in the two outcomes you hoped to achieve? Respond with AT LEAST 5 complete and thoughtful sentences.**

Throughout the project, I believe I have been meeting my health goal most days. I feel like it has gotten easier to make it each consecutive day. I have definitely noticed that on days I eat healthier, the next day I have more energy, however, I don’t think eating healthier has meaningfully changed my anxiety levels, as I feel more anxiety on days when I have more on my plate, so to speak. I have decided to remove anxiety levels as an outcome, and instead measure how well I am mindfully eating, including eating only when I’m actually hungry, being mentally present when I am eating, and ensuring that I’m not blindly/bored eating.

**2. Have you encountered any obstacles in changing your behavior?**

Yes.

**If YES:** Describe the obstacle(s) you are facing:

I found it difficult to start eating healthier, because I’m so used to my normal eating habits, which aren’t bad, but aren’t great either. There were some days where I just wanted to eat ice cream or cake and it was hard to avoid it when I had those cravings.

Please generate new If-Then statements that will help you to address these obstacle(s): If I am craving ice cream or cake etc., I will only eat it on a designated “cheat day.” Having a cheat day will allow me to push through and stay healthier the rest of the week, and eat in moderation.

**3. Is there something holding you back from accomplishing your goal (e.g., cognitive dissonance, lack of self-efficacy, lack of motivation, etc.). If so, how can you address this in part 2? For example, if you are lacking motivation, can you incorporate a friend to challenge or push you toward your goal?**

Some days, I am lacking motivation to stay healthier, because some days you just want to eat cake and ice cream all day. In order to address this in part 2, I will lean on Hannah more, and make sure to keep each other on track. I will also have a designated “cheat day” on Saturdays, with will allow me to eat what I’ve been craving all week. I think this will help with any cognitive dissonance; if I eat any junk food I’m craving only on Saturdays, then I won’t feel bad about not eating healthy, because it is my cheat day.

I pledge my honor that I have abided by the Stevens Honor System.