**Name:** Katie Prescott**\_\_\_\_\_ \_**

**DUE by Tuesday, October 23 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 10/27.**

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

A) Nutrition

B) Exercise

C) Smoking (Tobacco)

D) Alcohol consumption

E) Sleep

F) Stress

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

***If you have changed one of your outcomes or how you measure it, please indicate both the original outcome/measurement as well as the change.***

Goal: Better Nutrition .

Outcome # 1: Increase Energy Levels .

Outcome # 2: Practice Mindful Eating .

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 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 take not of how conscientious I am while I eat, and how often I “blindly” eat. In order to translate this as a score, I will grade myself on a scale of 1-5, 1 being unconscientious/high blind eating, and 5 being very conscientious/little to no blind eating.

For the next 14 days, continue to keep a record of your progress towards your specific goal and desired outcomes. Use the same template you used for Part 1:

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| Day 15 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: No  Goal: No | Food Log: (Sunday Oct 7)  Breakfast: Overnight Oats (Organic Oats, Almond Milk, Peanut Powder, Organic Honey)  Lunch: -  Dinner: Pizza  This week, my aunt, uncle, and cousin are in town, and while my aunt and her mom went to a Broadway show, my uncle and cousin and I went on a “pizza tour” of New York. We got one slice of pizza to share from 9 different pizza places in Manhattan. It was really fun and definitely a good cheat day. |
| Outcome 1 | Energy Level (1-5): | Morning: 2 - Low  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 2 - Low |

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| Day 16 | 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 Oct 8)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Organic Honey)  Lunch: Caesar Salad from A-Cup  Dinner: Garlic Teriyaki Salmon with green beans  I was very tired in the morning from the amount of walking from the night before, so I had little energy, but besides that, I think the day went pretty well. |
| Outcome 1 | Energy Level (1-5): | Morning: 2 - Low  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 4 - High  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 17 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: No  Goal: Yes | Food Log: (Tuesday Oct 9)  Breakfast: Yogurt and granola parfait  Lunch: Chicken Caesar Salad  Dinner: Baked Chicken and green beans  Did some blind snacking on some sour cream and onion flavored popped potato chips. They were really tasty so I don’t regret eating them, just the blindly eating them part. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 4 - High  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 2 - Low  Evening: 4 - High |

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| Day 18 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: No  Goal: Yes | Food Log: (Wednesday Oct 10)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Organic Honey)  Lunch: Carlo’s Bakery  Dinner: Benny’s Pizza  Went to Benny’s and Carlo’s Bakery with my aunt and uncle when they came to visit Hoboken. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 4 - High  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 2 - Low  Evening: 2 - Low |

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| Day 19 | 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 Oct 11)  Breakfast: Yogurt and granola Parfait  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons, and Ranch Dressing.  Dinner: Ground Turkey and Rice  I think today was pretty well with mindful eating. I think I did well with eating healthy and mindfully. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 4 - High  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 20 | 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 Oct 12)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Organic Honey)  Lunch: Chicken Caesar Salad  Dinner: Cheese burger and mixed veggies  Got groceries and meal planned with my friend Ashley, because we are dog sitting together this weekend. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 4 - High  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 4 - High  Mid Day: 3 - Moderate  Evening: 3 - Moderate |

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| Day 21 | 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 Oct 13)  Breakfast: Yogurt and Granola Parfait  Lunch: -  Dinner: Quesadilla and Chips and Queso from Baja  Missed lunch, participated in an Alumni Meet in the afternoon. I believe this was the reason for the energy surge in the middle of the day. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 4 - High  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 2 - Low  Evening: 3 - Moderate |

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| Day 22 | Measurement | Score | Comments/Observations: |
| Goal | Follow Meal Plan (Yes/No)  Meal Prep (Yes/No)  Meeting Goal (Yes/No) | Plan: Yes  Prep: No  Goal: Yes | Food Log: (Sunday Oct 14)  Breakfast: Blueberry Muffin  Lunch: -  Dinner: Pan-seared Salmon and Cauliflower  Skipped lunch because I wasn’t very hungry, and slept in. My breakfast was basically lunch. |
| Outcome 1 | Energy Level (1-5): | Morning: 2 - Low  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 2 - Low  Mid Day: 2 - Low  Evening: 4 - High |

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| Day 23 | 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: (Monday Oct 15)  Breakfast: Blueberry Muffin  Lunch: Chicken Caesar Salad  Dinner: Ground Turkey and Rice  I had leftovers for dinner and grab and go meals for breakfast and lunch. I could have done better, but it wasn’t too bad. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |

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| Day 24 | 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: (Tuesday Oct 16)  Breakfast: Overnight Oats (Organic Oats, Peanut Powder, Almond Milk, Maple Syrup)  Lunch: Romaine Salad with Chicken, Cheese, Carrots, Croutons, and Ranch Dressing  Dinner: Baked Chicken and Cauliflower  Today was a pretty good day for me, I think I did pretty well with mindful eating. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 4 - High  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 25 | 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 Oct 17)  Breakfast: Yogurt and Granola Parfait  Lunch: Chicken Caesar Salad  Dinner: Garlic Teriyaki Salmon with Cauliflower  I think today was pretty decent; I didn’t snack blindly. I think it was overall a good day. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 4 - High  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 26 | 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: (Thursday Oct 18)  Breakfast: Blueberry Muffin and Coffee  Lunch: Romaine Salad with Chicken, Carrots, Cheese, Croutons, and Ranch  Dinner: Garlic Teriyaki Salmon and rice  Should have eaten a better breakfast but grabbed something from Red and Grey, before class, so had limited options. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 2 - Low  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 27 | 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: (Friday Oct 19)  Breakfast: Chocolate Chip Muffin  Lunch: Chicken Caesar Salad  Dinner: Pan-seared salmon and cauliflower  Should have eaten a better breakfast, but needed to grab and go before work. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 = Moderate  Mid Day: 3 = Moderate  Evening: 3 = Moderate |
| Outcome 2 | Mindful Eating (1-5): | Morning: 2 - Low  Mid Day: 3 - Moderate  Evening: 4 - High |

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| Day 28 | 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: (Saturday Oct 20)  Breakfast: Berry Peach Smoothie, Peanut Butter Bagel  Lunch: -  Dinner: Panera Mac n cheese and Broccoli Cheddar Soup  Worked all day, so I missed lunch. |
| Outcome 1 | Energy Level (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 2 - Low |
| Outcome 2 | Mindful Eating (1-5): | Morning: 3 - Moderate  Mid Day: 3 - Moderate  Evening: 3 - Moderate |

Now that you have been monitoring your behavior for a 4-week period, please answer the following questions:

**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 throughout the 4-week period? Was Week 1-2 easier or harder than Week 3-4? Respond with AT LEAST 5 complete and thoughtful sentences.**

Throughout this project, I feel like I learned a lot about myself, my eating habits, and handling eating healthier and more mindfully. I think I had fairly consistent progress throughout the 4 weeks. I definitely think that it was easier during weeks 3-4 when it comes to my decisions for purchasing food, but I think it was easier during weeks 1-2 for the actual decisions on what to eat every day. Overall, I think this project has really helped me get into the mindset of not only eating healthier, but consistently eating healthier.

**2. In addition to working on your health goal, did you notice changes in the two outcomes you hoped to achieve? If you did not notice any changes, please explain why you think you did not see any changes in your desired outcomes. Respond with AT LEAST 3 complete and thoughtful sentences.**

At the start of the project, I had my outcomes as energy and anxiety. Over the course of the project, I realized that, for me, what I was eating didn’t have a lot to do with the anxiety I felt, so I switched it to mindful eating. I think that over the course of the second half of the project, I learned that mindful eating was definitely more important, however I think its more important for me to ensure mindful eating at the grocery store rather than the kitchen. If I work on that, I think I will be able to maintain a healthier lifestyle, and it will lead to a happier life.

**3.** **How has forming specific action plans (i.e., your if-then statements) helped you to make progress towards your goal? If you do not think this strategy helped you, are there additional steps or other strategies you plan to take to reach your health goal?**

**Respond with AT LEAST 5 complete and thoughtful sentences.**

Honestly, I don’t think the specific action plans helped with making progress. I really only thought about them when I made them at the beginning of the project. I think that what helped me most with meeting the goals was more my own motivation. After 15 years of swimming competitively, I didn’t really need to think about the eating healthy part of staying healthy. I was pretty motivated to start eating healthy, and I think that this project was a great way to kick-start it.

**4. Do you have any suggestions regarding how this exercise or activity can be improved? Were there any parts you found confusing, annoying, unnecessary, or counterproductive?**

I think that this is a great project. One thing that could be improved was shortening the gap between the two halves of the project. I found it difficult to get back into the swing of the project, and think that if the potential break was less, then it would be a little easier to get back into the project.