



Whatever you do, do not submit this "quiz" until you are 100% done with filling it out. Invest a lot of time and energy into this assignment. Learning how to change behavior is an invaluable skill - it can serve you and others very well. Read and follow all instructions! Consult the "Health Intervention Project" webpage for more guidance.

THE PLAN (34 points)

baseline graph of behavior

Paste an image of your baseline graph (steps, water, soda, sugar, screen time, or RBF) into the box below. I will use this to make sure your goals are realistic. Please do not upload a file or paste a link to one.

goal setting instructions

What are your **goals for the behavior**? Describe them. **Make sure the goals are Specific, Measurable, Achievable, Relevant, and Time-bound.** In other words, “SMART” goals. They also need to be **incremental. To be relevant, the goals need to refer to the behavior itself (steps, water, RBF etc.) and not to some outcome down the road** (e.g. not "I want to be healthier, happier, and live longer"). Decide if you want a goal for each day, an average for each week, or both. Alternatively, or in addition to, you might want to specify how many days each week where you will reach a goal, and then gradually increase the number of days/week as the weeks progress. **Note that the way you measure goals needs to stay the same from one day to the next and one week to the next** to allow for easier comparisons over time.

goal setting

First: look at your baseline data. Calculate the daily average for steps, sugar, water, soda, screentime, or RBFs for that week. Type in this number. **(1 point)**

Second, copy the three headings below and then tell me what your goals are for each (read the instructions above).

Week 1:

Week 2:

Week 3:

Goals met some of the criteria	1 point
Goals met most of the criteria	2 points
Goals met all of the criteria	3 points

RECORD KEEPING

Describe how and when you will measure and record the behavior. These measurements must be as specific as possible without being too arduous

Described HOW and WHEN the behavior will be recorded (2 points)

The behavior will be measured in adequate detail (1 point)

OBJECTIVE FEEDBACK: what

Describe ONE aspect of your wellbeing you hope will improve as a result of this intervention.

Described an aspect of wellbeing in adequate detail (2 points)

OBJECTIVE FEEDBACK: 3 how

Describe/explain how you will measure this aspect of well-being. **It MUST be objective.**

Described how this aspect of wellbeing will be measured in adequate detail & cited source if applicable (3 points)

OBJECTIVE FEEDBACK: frequency

Describe when/how often this measure of wellbeing will be taken.

Described when/how often this aspect of wellbeing will be measured in adequate detail (2 points)

OBJECTIVE FEEDBACK 3 BASELINE

It is important for you to have a **baseline for your objective measure of well-being**. If you only measured this one - three times during baseline, then simply type those measurements into the box below. If it was something that you measured daily, then a graph is better suited for displaying the info.

Paste an image of that graph into the field box (5 points)

Do NOT share here the graph of your baseline observations of the behavior you are trying to change!!

Common behavioral change techniques are listed here.

Select **TWO** that make sense given the behavior you are changing and your individual circumstances. **You may not select goal setting, record keeping, or objective feedback because you are already using these!**

You will be asked to tell me **THREE** things about each technique:

1. name & description 2. details on how you will use the technique in YOUR intervention 3. why you chose this specific technique (the rationale or justification). To get top scores here, you must clearly incorporate concepts from one or more health behavior models.

⋮ TECHNIQUE 1 name & description

1 pts

Technique #1. Name and describe the technique. Use the name and description I provided to you in the linked document above. Copy and paste is fine. e.g. "Periodic Review of Health Consequences: Reviewing positive outcomes if the behavior change is made and the negative outcomes if the change is not made". **Do NOT say record keeping, goal setting, or objective feedback.**

provided the correct name and description from the list I provided (1)

⋮ TECHNIQUE 1 application

3 pts

Explain how you will use this technique for your intervention - details matter! e.g. "Once a week, I will read through the section of my plan where I talked about the benefits of drinking water and the negative consequences of not drinking enough water. I will focus on the negative consequences, especially the more serious ones."

use of the technique was correct and adequately detailed: somewhat (1) mostly (2) completely (3)

⋮ TECHNIQUE 1 rationale

6 pts

Why did you choose this specific technique? In other words, what **VALID** reason do you have for using it? Convince me that you understand the rationale for choosing this technique and that the rationale is sound.

To get top scores here, you must clearly incorporate concepts from one or more health behavior models!

e.g. "According to the health belief model, perceived level of threat is positively correlated with the likelihood of engaging in a health behavior. Currently, I perceive the consequences of not drinking water to be minor. If I can convince myself that the consequences are severe by reading about them frequently, this will increase my perceived level of threat and increase the probability of success. But I also need to convince myself that I am in fact vulnerable to these severe consequences."

gave a detailed rationale for using this technique: barely (1) acceptable (2) outstanding (3)

the rationale for using the technique was valid and sound: barely (1) acceptable (2) outstanding (3)

⋮ TECHNIQUE 2 name & description

1 pts

Technique #2. Name and describe the technique. Use the name and description I provided to you in the linked document above. Copy and paste is fine. **Do NOT say record keeping, goal setting, or objective feedback.**
provided the correct name and description from the list I provided (1)

⋮ TECHNIQUE 2 application

Explain how you will use this technique for your intervention - details matter!

use of the technique was correct and adequately detailed: somewhat (1) mostly (2) completely (3)

⋮ TECHNIQUE 2 rationale

6 pts

Why did you choose this specific technique? In other words, what **VALID** reason do you have for using it? Convince me that you understand the rationale for choosing this technique and that the rationale is sound.

To get top scores here, you must clearly incorporate concepts from one or more health behavior models.

gave a detailed rationale for using this technique: barely (1) acceptable (2) outstanding (3)

the rationale for using the technique was valid and sound: barely (1) acceptable (2) outstanding (3)



When can you start your intervention?

-
- whenever I darn well please
-
- once I have reviewed the feedback you will give me