



Now that you have completed your 3-week intervention, it's time to submit the form for phase 3. This one is shorter and easier :)

Remember, your grade does NOT depend on whether the intervention succeeded or not.

Additional guidance for this phase is on the "[Health Intervention Project](#)" webpage.

Revisions

3 pts

What modifications (to any part of the intervention plan) did you make? Describe each and the rationale for the change.

described 1 or more changes/modifications: somewhat clear (+1) clear (+1.5)
the rationale for each change was made: somewhat clear (+1) clear (+1.5)

graphs

10 pts

Using excel, create two colorful and easy to interpret charts. One to show the baseline data and the other to show the data for the 3-week intervention. **Be sure to include all 21 days on the X-axis.** Alternatively, you may create one graph showing all 4-weeks of data. Clearly label the x and y-axis. If using one graph, make sure the baseline data is clearly distinguished from the intervention data. If you have several graphs - copy and paste them into a single word document (doc, docx) or pdf. **Take an image of your graph(s) and paste it into the box below.**

graph showed baseline data +2
graph showed 3-weeks of intervention data +4
graph(s) axis (x and y) were appropriately labeled and clear: somewhat true (+1) mostly true (+1.5) 100% true (+2)
graphs were aesthetically pleasing with good use of color: somewhat true (+1) mostly true (+1.5) 100% true (+2)

subjective assessment

4 pts

How well did the intervention work? Address this from your subjective perception. This means, do not look at the empirical (numerical) data. What is your *opinion* of the intervention.

subjective perception was very clear, thorough, and insightful: barely true (1) somewhat true (2) mostly true (3) 100% true (4)

⋮ empirical assessment

4 pts

How well did the intervention work? Address this from an objective assessment of the empirical data. Answer the following questions.

1. Out of the 21 days, how many times did you reach or exceed your goal for that day?
2. For each week, what was your mean (average) for the behavior you modified (i.e. steps, water, soda, sugar, screen time, or RBF)?

objective assessment was very clear and both questions were answered
no, but made an effort (+1) somewhat true (+2) mostly true (+3) 100% true (+4)

⋮ objective feedback

3 pts

At the beginning of this project, you chose a measure of well-being - something that you hoped would improve if you met your behavioral goals.

1. What measure of well-being did you track?
2. How this measure change over the course of your intervention, if at all?
3. To what do you attribute this change - or the lack of change - as applicable?

Provided clear and complete answers to questions 1 - 3: +1 for each question

⋮ objective data

2 pts

Provide your objective feedback data. If you have only a few numbers to report, type them in below. If you have a table or graph of your objective feedback data - **save it as an image and paste it into the box below.**

⋮ what helped most

3 pts

What part of the intervention helped you the most? For example, was it a particular technique, the goals you set, identifying the variables that control the behavior etc.? What was it about this particular part of the intervention that you found helpful?

Very clearly identified one aspect of the intervention and very explained why it was so helpful:
somewhat true (+1) mostly true (+2) 100% true (+3)

⋮ what helped least

3 pts

What part of the intervention helped you the least, or even made the **target behavior** worse? For example, was it a particular technique, the goals you set, identifying the variables that control the behavior etc.? What was it about this particular part of the intervention that you found unhelpful or detrimental?

Very clearly identified one aspect of the intervention and very explained why it was unhelpful or detrimental:
somewhat true (+1) mostly true (+2) 100% true (+3)

YOUR RELAPSE PREVENTION PLAN

baseline antecedents

2 pts

In phase 2 part A, you identified antecedents (triggers) that helped or hindered the behavior during baseline. List these below (one short sentence for each) **+1** AND tell me which of these helped or hindered you DURING the intervention **+1**

intervention antecedents

1 pts

Have you since identified any new antecedents that are helping or hindering the behavior? If so, what are they?

most important action

3 pts

Now that you have gone through a formal behavior change plan, what do you think is the MOST IMPORTANT thing you can do to maintain the positive changes you made? If your behavior change plan did not succeed, what do you think is the MOST IMPORTANT thing you can do next time?

Effort and insight: **some (1)** **good (2)** **great (3)**

WRAPPING IT UP

final thoughts

Summarize what you learned from this entire project – good and bad - I want to hear it all. **(200-300 words)**

Provided a summary that was clear, thoughtful, insightful, and thorough

mostly untrue (+1) slightly true (+2) moderately true (+3) mostly true (+4) 100% true (+5)