



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.

PRE-INTERVENTION OBSERVATIONS (26 points)

Carefully track the behavior you want to change over a 7-day period. **Do NOT make any conscious efforts to change it.** You are doing this to establish a baseline and to help plan the intervention. Depending on the behavior you chose, you need to record: when and where the behavior occurred, the amount or frequency of the behavior, and what was going on (within you and/or the environment) just before and just after the behavior occurred. After the 7-day baseline is over, use this information to answer the following questions.

ANTECEDENTS: What was going on within you and/or the environment immediately before the actual behavior (or intentions to carry out the behavior) occurred? Depending on the behavior you chose to modify, these may be things that are triggering the desired behavior. These may also be things that are preventing the execution of the desired behavior and are facilitating an undesired behavior instead. 150-200 words

- Minimal effort or insight 3 points
- Good effort/insight 4 points
- Great effort/insight 5 points

CONSEQUENCES: What was going on within you and/or the environment *immediately after* the behavior occurred? These are things that might be punishing or reinforcing the behavior. 150-200 words

Minimal effort or insight 3 points

Good effort/insight 4 points

Great effort/insight 5 points

Excel graph

Create a **graph** (use Excel) charting the baseline behavior. Put days of the week on the x-axis and the behavior - the amount of soda or water (in oz or ml), # of serving sizes of food/beverages with added sugar, number of steps taken, amount of time on social media, or amount of time spent belly breathing - on the y-axis. I am looking for beautiful and colorful graphs. Click here for guidance on [creating the graph](#) [Links to an external site.](#) and how it should look on the page. Once done, **PASTE the image of the graph** into the box below.

Followed few of the instructions 5 points

Followed most of the instructions 7 points

Followed all of the instructions 10 points

Use the **Transtheoretical Model** to answer the following questions. 1. Which “step” do you think you were on **before starting** your behavioral intervention plan? 2. Tell me why you think you were on this step. 3. Which step do you think you are on **now** that you have researched and observed the behavior more closely? 4. Tell me why you think you are on this new step. If you haven't moved to a different step, explain why. That is, what prevented movement? (150-250 words). **Please label your responses: 1, 2, 3, 4 (it really helps me).**

Named the step they were on initially: no or step name is wrong (0) yes and step name is correct (1)

Explanation of why was consistent with the step: somewhat (1) completely (2)

Named the step they were on now: no or step name is wrong (0) yes and step name is correct (1)

Explanation of why was consistent with the step: somewhat (1) completely (2)



When can you start your intervention?

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