

## Activity – Healthy Change

### Part A (10 points)

Review the part of this lesson about motivation. Then describe in detail an unhealthy behavior that you would like to change. (You could quit a bad habit or add a healthy habit to your life.) Next, list some possible incentives (external motivators) and initiatives (internal motivators) for making this change. A description of your desired health change is worth two points, and each example of an incentive or initiative is worth one point.

Change I Want to Make:		
Incentives	1.	3.
	2.	4.
Initiatives	1.	3.
	2.	4.

### Part B (20 points)

Using what you know about the stages of behavior change, see how ready you are to make the change you identified in Part A.

1. First, use the table below to identify as many pros and cons of making this change as you can. (10 points)

Change I Want to Make:	
PROS	CONS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

2. Compare the lists you made above. Based on the reasons you identified, what stage of behavior change are you in? (5 points)

3. Review the incentives and initiatives you identified in Part A. Which one will motivate you most to make this health change? Why? (5 points)

If you have more pros than cons, you're ready to make this change. If you have more cons than pros, you're not ready to make this change yet. Think about some other health behaviors you would like to change, and go through the process above to find one you are ready to make.

### **Part C (70 points)**

When you have chosen a health behavior that you are ready to change, complete an action-plan using the template below. (7 points per box)

MY BEHAVIOR-CHANGE GOAL: (What will it look or feel like to make this change successfully? Describe it in as much detail as possible.)			
WHAT DO I NEED TO KNOW BEFORE I START?	WHO WILL SUPPORT ME IN MAKING THIS CHANGE?	WHAT DO I NEED TO DO? (Specific steps)	WHAT ARE POSSIBLE OBSTACLES TO MAKING THIS CHANGE?
WHEN WILL I START?	WHEN/HOW OFTEN WILL I CHECK MY PROGRESS?		
WHAT CAN I DO TO STAY MOTIVATED?	HOW WILL I GET BACK ON TRACK IF I RELAPSE?	HOW WILL I CELEBRATE SUCCESSFULLY MAKING THIS CHANGE?	