

CONCEPT: MASTERING YOUR HEALTH BEHAVIORS

- ◆ Now that you know how *behavior change* occurs, it's time to _____ it to your own life.
 - Keep in mind that change is not a singular event but a _____.



(1) Precontemplation

- ◆ _____ your awareness of current behaviors and your health determinants.



(2) Contemplate Change

- ◆ _____ what you want to change;
- ◆ Understand your motivation;
- ◆ Develop self-efficacy and internal locus of control.



Self-efficacy

Inherent belief that we have the _____ to achieve something.

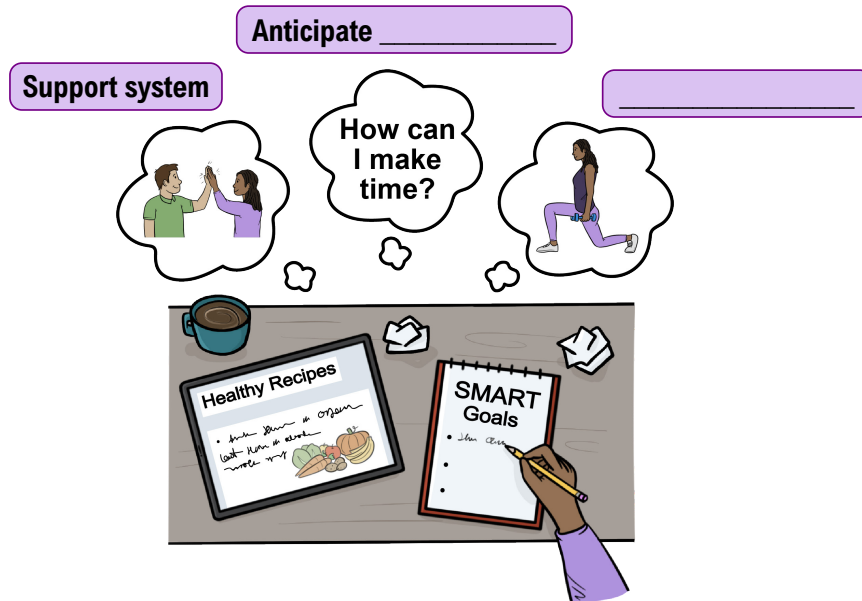
Locus of Control

_____ Your own decisions and actions influence the outcomes in your life.

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(3) Prepare for Change

- ◆ Lay the background for success and start with _____ steps.



SMART Goals		
Specific	◆ Activity is _____ defined, nothing is ambiguous.	<input type="checkbox"/> I want to get in shape. <input checked="" type="checkbox"/> I want to lose 10 lbs.
Measurable	◆ Progress + success can be tracked and _____.	<input type="checkbox"/> I want to get in shape. <input checked="" type="checkbox"/> I want to lose 10 lbs & track daily calories.
Attainable (capability)	◆ Goal is within your reach _____, financially, and in terms of time.	<input type="checkbox"/> I want to get in shape (be able to run a 3 minute mile). <input checked="" type="checkbox"/> I want to lose 10 lbs in 1 month and be able to run an 8 minute mile.
Realistic (practicality)	◆ Goal aligns with your _____, circumstances and constraints.	<input type="checkbox"/> I want to get in shape (lose 20 lbs in 1 month). <input checked="" type="checkbox"/> I want to lose 10 lbs in 1 month by running 3x a week.
Time-bound	◆ Goal has a clear _____ or timeframe.	<input type="checkbox"/> I want to get in shape. <input checked="" type="checkbox"/> I want to lose 10 lbs by March 10th.
<input checked="" type="checkbox"/> SMART Goal: I will lose 10 lbs by March 10th by running 3x a week for 30 mins and eating in caloric deficit of 500.		

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(4) Take Action

- ◆ Start to _____ your goal(s) into action, utilizing the following strategies.
 - Controlling situation, positive self-talk, countering, positive reinforcement and journaling.



Countering
Replace a negative behavior
with a _____ one.

- ◆ When relapses occur, identify _____ and adjust.

EXAMPLE

After recognizing the need to improve your study habits for better academic performance, what should your immediate next step be?

- a) Identify specific aspects of your study habits that require improvement.
- b) Withdraw from social activities to avoid distractions.
- c) Purchase new study materials.
- d) Overhaul your daily routine to focus solely on studying.

PRACTICE

Amara wants to improve her overall fitness and sets a goal to “exercise more”. Which of the following modifications would make the goal align with SMART goals criteria?

- a) I will exercise as much as possible and push myself hard every session.
- b) I will go to the gym more often and try to be healthier.
- c) I will attend an hour strength training session 3 times a week for the next 2 months.
- d) I will exercise 3 hours every day for the next 3 months.

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PRACTICE

Rodrigo is confident in their ability to succeed in losing 15 lbs. However, they had a minor setback due to eating fast food 3 times this week. Rodrigo adjusts their approach and continues to work out as planned. Based on this, Rodrigo:

- a) relies on rewards
- b) demonstrates external locus of control
- c) is countering
- d) demonstrates self-efficacy

PRACTICE

Which of the following is ***not*** a key strategy for successful behavior change?

- a) Setting specific and attainable goals that are relevant to your situation.
- b) Seeking social environments that reinforce the behavior you are trying to break, as exposure can increase motivation.
- c) Breaking down target behavior into smaller, manageable parts.
- d) Learning from failure by identifying what went wrong and adjusting goals and strategies.