

Health Behavior Intervention Checklist

Important! If you have an underlying condition that might be adversely affected by the health behavior you choose, **DO NOT PROCEED** without first checking with your health care doctor or therapist.

PHASE 1: BEHAVIOR REVIEW AND PLAN DEVELOPMENT	
Select a behavior to modify – it must be one I have listed on the website.	
Read through the Behavior Review and Plan Development template.	
Research the behavior using peer-reviewed papers and credible sources	
Track and record the target behavior for 7-days and summarize the data in an excel graph	
Track the antecedents and consequences each time the behavior occurred	
Complete the BIS-BAS inventory – it's on the Health Behavior Intervention web page	
Work on the submission assignment for Phase 1 located in Canvas – this will take a while	
Complete and submit the Phase 1 assignment on canvas – await my review	

Wait! Do not start the intervention until I have reviewed your plan!

PHASE 2: INTERVENTION EXECUTION + RESULTS AND REFLECTION	
Review my Phase 1 comments, questions,, and suggestions. Let me know if you have questions	
Read through the Results and Reflection template.	
Begin the three-week intervention.	
Track and record the behavior daily.	
Summarize the 3-week data in an excel graph	
Complete and submit the Phase 2 assignment on Canvas	

To maximize success, review the class powerpoints and the notes you took on behavioral interventions. Read all instructions very carefully. If any concerns surface, please let me know.