**Personal Health Behavior Assessment and Modification Project**

**Behavior Review and Contract Form**

**Fill out the fields below. Note the word min and max. Read all instructions carefully.**

**Which behavior have you chosen to modify? (pay attention to the choices!)**

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**Part A: Background**

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Use **at least three articles** to provide information on the behavior you chose. At least two of the articles must be *peer reviewed.* Do NOT quote any material. Paraphrase instead. Include information on the behavior’s effect on health and well-being. **If choosing to increase a healthy behavior**: include recommendations for frequency and intensity, suggestions/interventions for increasing the behavior, and cautionary information. **If choosing to decrease an unhealthy behavior**: include information on published interventions. Describe the intervention and how well it worked. Make sure you cite your sources – use APA or MLA format. **250-300 words**

**Alphabetical reference list – use APA or MLA format**

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**Part B: Self-observation**

Carefully and systematically record the behavior you want to change over a 7 day period. This will help you to establish a baseline and plan your intervention. Include notes on when, why, how, and/or what happened just before and after the behavior. Then answer the questions below. **Do NOT start the intervention until I say so!**

**Antecedents:** What happened or what were you thinking about immediately before the behavior occurred? Identify anything that might have triggered or prevented the behavior. **100-150 words**

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**Consequences:** What happened immediately after the behavior occurred – including how you felt. Look for anything that might be reinforcing or punishing the behavior. **100-150 words**

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**Not now – but in the second part of this assignment, you will need to provide a graph to chart the baseline behavior with days of the week on the x axis and the behavior (amount of water or sugar consumed, number of steps, amount or times a drug was used) on the y axis. Make sure that you record this information over the 7 day baseline period so you can make this graph later.**

**Part C: Self-discovery and the world around you**

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**Specify and use** one or more of the health models to help you identify the **biopsychosocial** factors that may be serving to facilitate or impede the behavior. Discuss your sex, age, family history, your health status, environment, SES, peers, norms, personality variables, institutional barriers and support. **250-** **300 words**

**Part D: Intervention and Behavioral Contract**

What follows serves as a contract. You can enter this contract just between you and me, or you may include at least one other person to increase the probability of succeeding. If you incorporate others, show them this section and discuss ways in which they may support you.

What are your **daily, weekly, and end goal for the behavior**? Mare sure they are specific, realistic, and measurable.

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Describe the cues to action you will use.

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Describe the changes you will make to your social and/or physical environment

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Describe (in detail) how you will use positive/negative reinforcement to change the behavior. If using punishers, include these here as well.

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If you are including at least one other person (besides me) in your contract, explain how they will attempt to support your behavior change efforts.

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**Part E: Relapse Prevention Plan**

Describe what you will do to prevent losing some or all of the gains you will make through this intervention. In the very least, include details with respect to periodic self-monitoring. Refer back to slide 12 of module two for more ideas.

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