

Appendix A

Name: _____ Course Number: _____

Section: _____ Date: _____

Challenge to Change

You have acquired extensive information about physical activity and health by reading this book. In addition, you have had the opportunity to make observations about your health by completing the self-assessments provided in each chapter and on the Web. The next step is to employ self-change techniques.

When planning a behavior self-change, it is important to acknowledge your level of readiness—the time before you consider making actual changes as well as the time after you have declared your willingness to change. The activities in Part I of this self-change guide can help you decide if you are ready to participate in a behavior change program; if you are ready, the activities in Part II will be more effective. The activities in Part II provide you with techniques to act on your readiness and ways to modify and enhance your health behavior.

Part I

Activity 1: Assessing Readiness to Change

Readiness is the state of being that precedes change. It denotes a continuum from minimal to maximal motivation across each of the assorted “stages of change” required to modify a behavior. Rate your current level of readiness by circling the stage (refer to the descriptions of each stage in the list below) that best represents your level of motivation for each of the behaviors listed in the following questionnaire.

- 1 = Precontemplation: I do not want to change this behavior at this time.
 2 = Contemplation: I am thinking about working on this behavior in the next 6 months.
 3 = Preparation: I am ready to begin work on this behavior now.
 4 = Action: I have begun working on this behavior.
 5 = Maintenance: I have been practicing this behavior regularly.

Specific Health Behavior	Stage of Change
1. If a female, I perform a breast self-examination (BSE) every month.	1 2 3 4 5
2. If a male, I perform a testicular self-examination (TSE) every month.	1 2 3 4 5
3. I regularly protect my skin from sun exposure every time I am in the sun.	1 2 3 4 5
4. I perform a skin examination to check for cancerous spots every month.	1 2 3 4 5
5. I have my blood pressure measured by a health care professional at least twice a year.	1 2 3 4 5

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Specific Health Behavior	Stage of Change
6. I have my cholesterol level measured by a health care professional at 5-year intervals.	1 2 3 4 5
7. I accumulate 30 minutes daily of moderate-intensity physical activity, at least five times a week, for my cardiovascular health.	1 2 3 4 5
8. I perform moderately vigorous physical activity 3–5 days per week, at 50–85% of VO ₂ maximum or heart rate reserve, for 20–60 minutes, rhythmically utilizing the large muscle masses of the body for optimizing my cardiovascular fitness.	1 2 3 4 5
9. I assess my cardiovascular fitness level every 2 months to determine if my physical activity program needs to be modified.	1 2 3 4 5
10. I choose a variety of grains daily (at least 6 servings), especially whole grains.	1 2 3 4 5
11. I choose a variety of fruits and vegetables daily (at least 2 servings of fruit and 3 servings of vegetables).	1 2 3 4 5
12. I choose a diet that is low in saturated fat (no more than 10% of daily calories) and cholesterol (no more than 300 mg/day) and moderate in total fat (no more than 35% of daily calories).	1 2 3 4 5
13. I perform resistive training exercises to maintain and increase my muscle mass and my metabolic rate.	1 2 3 4 5
14. I maintain a regular physical activity program (30 min daily) to avoid lowering my metabolic rate and decrease the likelihood of excessive adipose tissue storage.	1 2 3 4 5
15. I evaluate my body weight using the body mass index (BMI) periodically to assure that I am at a healthy weight.	1 2 3 4 5
16. I evaluate my waist circumference periodically to assure that fat is not accumulating around my waist.	1 2 3 4 5
17. I consume at least 1000 mg/day of calcium through calcium-rich foods such as dairy products, green leafy vegetables, and/or calcium-fortified foods.	1 2 3 4 5
18. I maintain a regular physical activity program (30 min daily) to strengthen my skeletal system.	1 2 3 4 5
19. I perform one set of 8–12 repetitions of 8–10 different exercises twice a week to maintain my muscular fitness.	1 2 3 4 5
20. I perform 8–10 exercises at least three times per week while training at an intensity that is >85% of my one-rep maximum to improve my muscular strength.	1 2 3 4 5
21. I perform 8–10 exercises at least three times per week while training at an intensity that is equal to 40–60% of my one-rep maximum to improve my muscular endurance.	1 2 3 4 5
22. I perform at least 3–4 stretching activities at least three times per week, slowly elongating the muscle and holding for 15–30 seconds, to improve my flexibility.	1 2 3 4 5
23. I regularly practice stress-management techniques when I am feeling stressed or overwhelmed.	1 2 3 4 5
24. If I choose to drink alcoholic beverages, I do so in moderation (one drink a day for women and no more than two drinks a day for men).	1 2 3 4 5
25. I choose not to smoke cigarettes.	1 2 3 4 5

Specific Health Behavior	Stage of Change
26. I choose not to use smokeless tobacco products.	1 2 3 4 5
27. I always seek reliable sources of information related to physical activity and health.	1 2 3 4 5
28. If my partner and I have made a conscious decision to have sexual intercourse, we use a condom every time.	1 2 3 4 5
29. In communicating with my partner or close friends, I send clear messages.	1 2 3 4 5
30. In communicating with my partner or close friends, I use effective listening techniques.	1 2 3 4 5
31. Other: _____	1 2 3 4 5

Activity 2: Select One Behavior to Modify

It is best to focus on one behavior at a time. We recommend that you select a behavior from Activity 1 in which you rated yourself as being in the preparation stage.

Activity 3: List Potential Gains and Losses

Gains	Losses
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____

If the gains do not outnumber the losses at this time, you are probably in the precontemplation or contemplation stage and ambivalent about changing. Review the techniques related to these stages in Chapter 3 and rethink applying the following behavioral change techniques.

Activity 5: Make a Self-Contract

Complete the self-contract below. Make sure you record your goal clearly. Write exactly what you want to achieve in the most specific terms possible. Record a date to start working on the goal and another to finish it. Finally, write down an attack plan for obtaining your goal.

Self-Contract Form

Goal Type (circle one):

Short-Term / Mid-Term / Long-Term

Goal: _____

Date Goal Set: _____ **Date Goal to be Accomplished:** _____

Plan of Attack:

- 1. _____

- 2. _____

- 3. _____

Signed: _____

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Activity 6: Practice Effective Time Management

Effective time-management strategies go a long way toward reaching goals. In Activity 5 you made a firm written commitment about making changes. The action stage is the busiest stage of change. Planning and organizing your time will allow you to direct and focus your energy on your goal.

The first step is monitoring how you currently spend your time. An activity log is a highly effective way to do this. For a couple of days, write down the things you do as you do them, from the moment you wake up to the moment you go to bed. As well as noting activities, it is beneficial to note how energetic you feel during certain parts of the day. Your energy level depends a lot on your rest breaks, the times and amount you eat, and the quality of your nutrition.

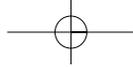
Analyze your log after a couple of days to see how you are spending your time and how your energy levels vary throughout the day. Next to each task on which you spent time, allocate a priority rating—(1) very unimportant, (2) somewhat unimportant, (3) somewhat important, (4) very important—for each item. Based on these point allocations, complete a priority to-do list and specify when you plan to accomplish them.

Priority "To Do" List	Time	Energy Level (1 Low to 5 High)
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

Activity 7: Find Social Support

It is important to recognize that you can't always do it alone. Create a team of people around you to encourage and reward your desirable behavior. List six people whom you trust and respect and ask them if they would be willing to assist you with your behavior change. Discuss with them specific ways that they can support you in achieving your goal.

Person	How They Will Support You
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____



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Activity 10: Build Commitment

Commitment to change is not something you have, it is something you do. Commitment is a set of behaviors. Temptations to stop your self-change project are certainly going to occur. If you have a plan for dealing with temptation, you are more likely to be successful with warding off temptations. Using reminder systems is an excellent way to avoid temptations.

Prepare a list of self-reminders when temptation arises. Include in your reminders all the advantages of practicing your new behavior.

List Four Ways You Will Remind Yourself.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

