Physical Well-Being Workbook

Facilitator Reproducible Sessions for Motivated Behavior Modification

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Ester R.A. Leutenberg
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wholeperson
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Introduction for the Facilitator

Observable actions and mannerisms that people display when reacting to particular stimuli are called behaviors. Behavior modification involves identifying ineffective behaviors, intentionally targeting them, setting goals for behavioral change, monitoring progress and determining effective rewards for improved behaviors.

The Mind-Body Wellness Series is composed of workbooks designed to help people learn how to discontinue old, destructive health habits and adopt new, healthy lifestyle choices. The model, referred to as Motivated Behavior Modification (MBM), looks at specific learned behaviors and the impact of environmental stimuli on those behaviors. It focuses on helping participants change undesirable and unhealthy lifestyle behaviors by objectively identifying unrealistic behaviors and replacing them with healthier, more effective behaviors.

Physical Well-Being Workbook Sections

Section 1 – Exercise – This chapter will help participants explore how regularly and consistently they engage in exercise and adequate amounts of physical activity in their lives.

Section 2 – Sleep – This chapter will help participants explore the extent to which they are getting both adequate and quality sleep in order to cope with stress and maintain a healthy lifestyle.

Section 3 – Stress – This chapter will help participants determine the various ways that they are able to manage stress in their lives in order to promote physical wellness.

Section 4 – Body Image – This chapter will help participants explore how they feel about their weight and overall body image.

Section 5 – Nutrition – This chapter will help participants explore how well they plan their meals to include nutritional choices and how often they eat nutritiously.

Section 6 – Addiction – This chapter will help participants explore both their propensity to engage in addictive behaviors as well as identify their addictions to substances, activities, and thoughts and behaviors in their lives.

Section 7 – Safety – This chapter helps participants explore their personal level of safety at home, while driving a vehicle, and in their communities.

(Continued on the next page)
Changing Unhealthy Behaviors

Developing healthy lifestyle choices can be difficult, as implied in the adage “It's hard to teach an old dog new tricks!” Developing positive behaviors related to health may be a challenging task for participants, but they can successfully change unhealthy behaviors to healthy ones. MBM (Motivated Behavior Modification) is based on several premises. For participants to be successful, you as the facilitator can enhance their motivation in several ways.

**Components of Each Session**

1. **SELF-ASSESSMENT**
   **Step 1** is the self-assessment of participants' current level of behavior. Encourage participants to take one step at a time. By working on one behavior at a time, the task of changing participants behavior will not feel insurmountable. Because behavior is so difficult to change, it is important that they start with small behaviors and work slowly to change them. By trying to change more than one behavior at a time, people set themselves up for failure. Encourage participants to keep it simple! Each chapter is set up in a step format for MBM.

2. **SUPPORT SYSTEM**
   **Step 2** will guide participants to identify their support system for each behavior. Encourage participants to develop a support system to help them change their behavior. It is important that you encourage participants to define who in their lives can help and support them while they are changing their unhealthy behaviors. Encourage them to let people know that they are trying to make genuine behavioral changes and that they don't have to suffer in silence to change an unhealthy behavior to a healthy one. Explain that each participant's support system will vary for each behavior.

3. **JOURNALING**
   **Step 3** includes journaling questions to help participants think critically about how they will change their behavior. Encourage participants to write everything down in a journal. Remind them that words are shallow and just saying they are going to make changes will not suffice. They will then engage in self-assessments, work on the exercises in this workbook and write concrete goals.

4. **GOAL-SETTING**
   **Step 4** will remind participants not to give up and to be persistent in their efforts. Explain that it takes time to change behaviors and that they should not expect immediate results. The purpose of setting goals is to help each participant take smaller steps leading to the selected overall goal. Encourage them to review and revise their plans for a healthier lifestyle. By developing MBM goals to work toward and achieve, participants will remain motivated while they slowly turn unhealthy habits into healthy ones.

5. **MONITORING MY BEHAVIOR**
   **Step 5** will help participants monitor their progress throughout the MBM process. This will assist them to be accountable. If during efforts to make positive changes, participants slip and go back to old behavioral habits, don't let failure stop them. You are their coach and you can encourage them to learn from their failures and use their newfound knowledge to make successful choices.

6. **REWARD YOURSELF**
   **Step 6** will ensure that participants reward themselves for each goal success fully achieved. Remind participants to reward themselves when they do make motivated behavioral changes. HEALTHY rewards provide them with positive feedback and further motivate them to continue in their efforts to live a healthier lifestyle.

7. **TIPS**
   **Step 7** Participants will benefit from tips on motivational behavior modification which are included as suggestions for processing each session.

*(Continued on the next page)*
Motivational Barriers to Behavioral Change

Many motivational barriers hinder behavioral change and many of these barriers show up in peoples’ thought processes. The impact of thinking on a person’s motivation and subsequent behavioral changes can be monumental. Therefore, it is important to watch for any barriers that may be keeping participants from being successful as they work to change their unhealthy behaviors to more healthy ones.

Following are some of the most prominent reasons that bar people from changing their destructive behaviors and implementing a healthy lifestyle program.

- Some people prefer instant gratification and fail to look at the long-term benefits and consequences of their behavior. Even though they know smoking is related to cancer and other diseases they may still smoke for instant gratification.

- Some people continue to engage in unhealthy behaviors, often thinking that they will deal with the consequences at a later date. They may eat junk food, vowing to deal with heart disease at a later date in time. Procrastinators often like the idea of making lifestyle changes, but lack the motivation to begin.

- Some people feel they are too busy to worry about the consequences of unhealthy behaviors. They don’t have time to exercise in the morning as they are getting ready for work, and in the evening they are tired from working.

- Some people simply are indifferent to unhealthy behaviors. They will say such things as “Everyone gets sick sometimes” or “We all will die someday!”

- Some people have a sense of invincibility and believe that unhealthy behaviors will not affect them. A habitual alcohol drinker will say such things as “I can drink while I’m young. I’ll be sure to quit before it affects my health.”

There are probably many more reasons that people resist changing destructive lifestyle habits, but this provides a sampling of the reasons people refuse to implement a healthy lifestyle program.

Oftentimes, people reach mid-life and feel rushed to begin changes in their behaviors, but they are often unable to because the unhealthy lifestyle choices have become habits and sometimes addictions.

Mid-life is often the time when people will “become motivated” and search out specific healthcare professionals to “fix” their health-related problems.

(Continued on the next page)
Using this Workbook to Modify Behavior

Behavior Modification programs provide a process to PERMANENTLY change destructive and negative behaviors and replace them with positive behaviors that will lead to greater health and well-being. The behavior modification program included in this series of workbooks contains several critical components:

Motivated Behavior Modification (MBM) Components

STEP 1: Self-Assessment – The first step in modifying behavior involves determining the frequency, circumstances, and outcomes of the behaviors to be altered or enhanced. MBM relies on objective self-assessment to determine each participant’s unhealthy lifestyle behaviors and to establish a baseline for their strengths and limitations. Once a baseline is established, the data collected can be used to track a participant’s progress in changing unhealthy lifestyle behaviors to more healthy ones. The self-assessments contained in this workbook are referred to as “formative assessments” and can be used to assess participant’s current level of functioning and also to measure behavioral change over time.

In this stage, people acknowledge that they have a problem and begin to seriously think about making healthier lifestyle changes. They want to explore in depth the level of their unhealthy lifestyle choices. Self-assessments are very powerful tools for helping participants learn more about themselves to gain valuable insights into their constructive and destructive lifestyle behaviors. Self-assessments are used by participants to better understand themselves and gain valuable insights into their thinking, feelings and behaviors. Self-assessments allow facilitators to gather information about participants to get a complete picture of each person.

Facts about self-assessments:

- Self-assessments provide you with a small sample of behavior and should not be used to stereotype participants. Self-assessments are designed to allow participants to explore their behavioral strengths and weaknesses.
- Factors such as cultural background, handicaps, and age should be taken into consideration when exploring self-assessment results.
- Self-assessments are designed to be self-administered, scored and interpreted by the participants. However, facilitators should be available to assist participants in understanding their scores in an objective and helpful way.
- Self-assessments are designed to gather self-reported data, thus the results are dependent on each participant’s motivation and cooperation.
- Self-assessment results should be explored in light of other behavioral data facilitators have available, not in isolation.
- Self-assessments can be used with individual participants or with groups.
- Self-assessments can be used to form specific decisions about the type of instruction that would be most beneficial. Thus, if your group scores lowest on a particular self-assessment for a chapter, that might be an effective place to concentrate instruction.
- Participants can use the results of their self-assessments to adjust and improve their behavior.

(Continued on the next page)
Using this Workbook to Modify Behavior

Motivated Behavior Modification (MBM) Components (Continued)

**STEP 2: Support System** – The next step in behavior modification involves participants recognizing who is in their support system and identifying which people are supportive of which topics. This requires participants to think about who can support them through each particular behavior modification, what their supporters can do, and how they will help. Support people may vary for each behavior. The person who is being supportive about sleep can be different from the one being supportive about an addiction recovery.

**STEP 3: Journaling** – The next step in behavior modification is journaling answers to specific behavioral questions. Journaling has been shown to be very effective in helping people to think critically about themselves and issues they are coping with. It is wise to remind participants not to concern themselves with grammar or spelling. Just free-writing thoughts and ideas is the purpose of the journal.

**STEP 4: Goal Setting** – The next step in behavior modification is to set goals to modify behavior. Goals initiate an action plan and are necessary to motivate behavioral change. Participants will set goals that will replace their old, negative habits with new, healthier habits. It is important to help participants determine which specific behaviors they want to change. This will help to give order and context to the change process. Goals provide participants with direction, priorities and a well-conceived action plan for MBM.

Goals should meet these criteria:

- **Specific and Behavioral**: Goals must be stated in concrete, behavioral terms. For example, “I would like to lose 10 pounds by summer” would be a concrete, behavioral goal.
- **Measurable**: Goals must be measurable so that people can track their progress. For example, losing weight is too vague to be measured accurately, but losing 10 pounds by summer can be measured.
- **Attainable**: Goals must be within reach or participants will not be motivated to work toward them. They must feel that they have a realistic opportunity to achieve their goals. For example, losing 50 pounds would be very difficult to achieve, thus it would make it unrealistic to maintain motivation.
- **Relevant**: Goals must be important to the participant. For example, knowing that a person who is 10 pounds lighter will be healthier and look better in the summer or perhaps fit into a cherished piece of clothing will help to provide motivation.
- **Time-Specific**: Goals must have specific times for completion if they are going to have power. However, the time frames need to be reasonable and realistic so that participants will feel committed. For example, by setting a goal of losing 10 pounds by summer sets a realistic time frame to accomplish the goal.

The goal setting process helps participants to be personally accountable in changing their unhealthy behaviors.

**STEP 5: Monitoring** – The next step is to monitor behaviors until desired outcomes are reached. Sections will be included for participants to keep a regular record of their activities and progress. Motivation is the intrinsic drive that pushes participants into action and makes permanent behavioral changes. Motivation is enhanced when participants are working toward specific goals and monitoring their progress as they continue to make motivated behavioral modifications. By monitoring their progress as they move toward goals, participants reinforce MBM.

**STEP 6: Rewards** – This step defines rewards for accomplishing behavioral goals. Healthy rewards will vary from person to person. Participants will benefit by rewarding themselves for any positive steps taken to change unhealthy behaviors.

**STEP 7: Tips** – This final step provides insights into ways people can deal with unwanted behaviors.
Introduction for the Participant

Most major health problems today are due to poor lifestyle choices. Many of those choices are learned at an early age and reinforced over time. Your lifestyle choices help to determine who you are now and how healthy you will be in the future. Although many aspects of life are uncontrollable, you do have control over the lifestyle choices you make. You alone can make conscious positive or negative choices that will influence how healthy you are in the future. All your choices, whether large or small, affect your wellness to a degree. Additionally, when you make a choice and then repeat it over time, the impact becomes more effective. For each of the unhealthy choices you have made in the past, you need to find healthy choices you can make now.

Physical wellness is critical in your overall well-being. People who are physically well tend to be physically active and exercise regularly, eat a well-balanced diet, maintain a healthy body weight, get enough sleep, practice safe sex, minimize exposure to unhealthy environmental contaminants, avoid harmful substances, and seek medical attention and advice regularly.

You will discover many benefits from making healthy physical lifestyle choices:

- You will feel healthier and have a better quality of life.
- You will notice quicker recovery from illness, injury and disease.
- You will lower your risk of chronic disease and illness.
- You will be able to deal more effectively with tension and stress.
- You will slow the aging process and extend your longevity.
- You will help to prevent high blood pressure, cholesterol and diabetes.
- You will help to regulate and improve overall bodily functions.
- You will have a healthier mental attitude.

As you can see, you have many reasons to make healthy lifestyle choices and live a healthier life. The biggest challenge is to find ways to take control of your personal health choices and follow a healthy lifestyle.

The purpose of the Physical Well-Being Workbook is to help you make healthy choices and keep you motivated while you modify your behavior. In this workbook, you will engage in various types of self-assessments, you will have an opportunity to set healthy lifestyle goals, and you will focus on living a healthier life.

(Continued on the next page)
Introduction for the Participant (Continued)

Some Things to Remember

Developing healthy lifestyle choices can be difficult, as is implied in the adage “It’s difficult to teach an old dog new tricks!” Developing positive behaviors related to health can be a challenging task, but successfully changing your behavior can be accomplished.

You can do this!

- Take one step at a time. By working on one behavior at a time, the task of changing your behavior will not feel insurmountable. Because behavior is so difficult to change, it is important to start with small behaviors and work slowly to change one at a time. By trying to change more than one behavior at a time, people set themselves up for failure. Keep it simple!

- Create a support system to help you change your behavior. Who can you ask for help and support in changing your unhealthy behaviors? Choose people with whom you feel comfortable, and people who would be helpful in a specific area of your life who know that you are trying to make changes. You don’t have to suffer in silence to successfully change an unhealthy behavior to a healthy one. Let people know about your desire to change and allow others to support you.

- Write everything down on paper. Saying you are going to make changes will not suffice. Self-assessments, working on defined behaviors and writing concrete goals will help you to be successful.

- Be persistent in your effort and do not give up on yourself. Remember that it takes time to change behaviors. Do not expect immediate results. The purpose of setting goals is to help you take smaller steps leading to your overall goal. Plan for a healthier lifestyle. By developing motivated behavior modification (MBM) goals to work toward and achieve, you will remain motivated while you slowly turn unhealthy habits into healthy ones.

- Be accountable. If during your efforts to make positive changes you slip and go back to old behavioral habits, don’t let this stop you. Attempt to learn from your setbacks and use your newfound knowledge to make successful choices. Monitor your progress.

- Reward yourself for a job well done. HEALTHY rewards provide you with positive feedback and motivate you to continue in your efforts to live a healthier lifestyle. You will find ways to reward yourself for a job well done!

- Use the tips, as applicable to you, provided on the last page of each of the sessions.

You are now prepared to begin making motivated behavior modifications (MBMs)! Working through the steps in each section of this workbook will allow you to more easily change unhealthy lifestyle behaviors into more healthy ones. This process really works. It is an exciting way to change your behavior and begin to enjoy and appreciate a happier, healthier life.
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Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

— John F. Kennedy

Name _____________________________________________________________

Date _____________________________________________________________
PHYSICAL WELL-BEING
Step 1: Self-Assessment Introduction and Directions

Exercise is critical in developing and maintaining your physical health and a sense of wellness. A physically active lifestyle and participation in a lifetime exercise program will contribute measurably to your general health. Although many people engage in physical activities and exercise, they often do not do so regularly and methodically.

The purpose of the Exercise Self-Assessment is to help you explore your general exercise program. Place a check in the boxes that describe your activity and exercise program.

In the following example, the box with a check shows that the person completing the self-assessment rides a bike or stationary bike at least three times a week.

To maintain my physical wellness, at least three times a week . . .

- [✓] I jog, hike or run
- [ ] I ride a bike / stationary bike

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

Turn the page and complete the Self-Assessment
EXERCISE

Step 1: Self-Assessment

To maintain my physical wellness, at least three times a week ...

- I jog, hike or run
- I ride a bike/stationary bike
- I walk
- I work in my garden or in my yard
- I walk instead of riding, whenever it is possible
- I dance for exercise
- I play golf or other sports for aerobic exercise
- I swim or do water aerobics
- Other__________________________

CV TOTAL 1_____

To maintain my physical wellness, at least three times a week ...

- I work out with free weights
- I engage in isometric training
- I use elastic exercise bands to strengthen my arms
- I exercise to increase my muscle mass
- I work out with weight machines
- I use fixed resistance machines
- I do push-ups or other strengthening exercises
- I do pull-ups
- Other__________________________

ST TOTAL 2_____

To maintain my physical wellness, at least three times a week ...

- I practice yoga
- I do stretching exercises
- I use a partner for stretching
- I stretch using a chair or a wall
- I stretch by touching my toes
- I stretch my back muscles
- I stretch before more intense exercising
- I try to stretch each major muscle group
- Other__________________________

FT TOTAL 3_____

Go to the Scoring Directions on the next page.
EXERCISE

Step 1: Self-Assessment Scoring Directions
Physical activity and exercise can benefit you physically (you will live healthier and longer), psychologically (you will have lower levels of anxiety, less sadness, increased self-esteem, and an enhanced sense of general happiness) and socially (you will have an increased opportunity to meet new people, make new friends and develop new interests).

For each of the sections, count the number of boxes in which you placed a check. You will receive a score from 0 to 9. Put that total on the line marked TOTAL at the end of each section, and then transfer them below. Finally, total the three scores to get your Grand Total (Grand Totals will range from 0 to 27).

CV (Cardiovascular Training) TOTAL 1 = _______
ST (Strength Training) TOTAL 2 = _______
FT (Flexibility Training) TOTAL 3 = _______

GRAND TOTAL = _______

Profile Interpretation
1. If you are participating in one or more of the activities, at least three times a week, listed in each of the categories listed above, you are accomplishing your goal of living a physically-well lifestyle. Keep up the good work, maintain your current level of motivation and consider increasing your activities. The following pages will be helpful to you.

2. If you did not select at least one activity in each of the three categories, it is very important for you to complete the following pages.

3. Next, review the activities listed for each of the three categories (Cardiovascular Training, Strength Training, and Flexibility Training) and identify activities that you would like to try to enhance your physical health and wellness. Place an X after the activities you would like to try. How can you begin participating in those new activities?

Go to the Scale Descriptions on the next page
STEP 1: SELF-ASSESSMENT DESCRIPTIONS

**Cardiovascular training** is intended to enhance your heart's ability to pump oxygen throughout your body. It does this by requiring muscles to perform repetitive behaviors with limited amount of time for rest thus forcing your heart to adapt and increase the amount of oxygen-reinforced blood it pumps to muscles. This type of exercise, referred to as aerobic exercise, is performed in a repetitive manner for a prolonged period of time.

**Strength training** is intended to increase the sturdiness of your muscles, bones, tendons and ligaments and make your body healthier and less susceptible to injury. Strength training involves keeping targeted muscles activated to near or maximum capacity for short periods of time.

**Flexibility training** is intended to stretch and manipulate your muscles, tendons, ligaments and joints in order to enhance their range of motion. Flexibility training and/or stretching will work to enhance your body’s muscular elasticity and allow your muscles to function more effectively so that you can achieve greater physical performance.

**STEP 2: RECOGNIZE AND DEVELOP A SUPPORT SYSTEM**

To make the behavioral changes you desire, you need to recognize your current support system and identify who might be helpful to you. Not every supportive person in your life will be helpful for each of your challenges. Complete the following table with people who might be able to support you with your physical activity and exercise behavior.

<table>
<thead>
<tr>
<th>Supporter</th>
<th>How This Person Can Support Me</th>
<th>How I Can Contact This Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>My friend Jan</td>
<td>Come to the gym with me.</td>
<td>Phone: 000-0000 email: <a href="mailto:Jan@.com">Jan@.com</a></td>
</tr>
</tbody>
</table>

Keep this list handy. Call, email or text when you need support.
EXERCISE

Step 3: Keep a Journal

The following journaling questions are designed to help you think realistically about the behaviors you want to change.

Remember, your thinking can affect how motivated you are to make healthy changes in your behavior.

What has kept you from participating in more physical activities and exercises?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

What excuses do you make to not participate in physical activities and exercise?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

In what cardiovascular activities do you intend to increase your participation?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

In what strength training activities do you intend to increase your participation?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

What flexibility training activities do you intend to increase your participation?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________
Step 4: Set Goals

A well-conceived action plan will help you to achieve your goals by keeping you motivated. For your action plan identify both the behavior you want to change and the goals required for you to reach your ultimate physical activity and exercise goals.

The behavior I want to change __________________________________________________________________________

Goals need to be SMART:
Specific, Measureable, Attainable, Realistic and Time-Specific

<table>
<thead>
<tr>
<th>Goals</th>
<th>How I will Measure This Goal</th>
<th>How is This Goal Attainable and Realistic?</th>
<th>Time Deadline</th>
<th>How This Will Help Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will be more physically active by walking 3 times a week, 6 times around the block.</td>
<td>I will document dates and the number of times I walked around the block.</td>
<td>I can find time every morning before I have breakfast.</td>
<td>2 months</td>
<td>I will have a better attitude because I am doing something for myself to live healthier and longer. I will have more energy.</td>
</tr>
</tbody>
</table>

If you are having trouble identifying goals, consult TIPS, page 28.
EXERCISE

Step 5: Monitor My Behavior – Cardio-Vascular Training

Monitoring your progress toward your goals will help to reinforce your behavior. Keeping track of your behaviors through logs will help you determine what you have accomplished at given times. Periodic re-evaluations support your success. Once you reach your goal(s), set new ones to improve or maintain what you have already achieved. Use a separate page for each change.

EXAMPLE:
My healthy behavior change
Walk more.

My goal
Walk 3 times a week, 6 times around the block.

<table>
<thead>
<tr>
<th>Date</th>
<th>My Accomplishment</th>
<th>How It Felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1/2014</td>
<td>I walked once around the block.</td>
<td>I was very tired but felt good about myself.</td>
</tr>
</tbody>
</table>

Cardio-Vascular Training

My healthy behavior change

My goal

<table>
<thead>
<tr>
<th>Date</th>
<th>My Accomplishment</th>
<th>How It Felt</th>
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EXERCISE

Step 5: Monitor My Behavior
Cardio-Vascular Training (Continued)

How can you increase your cardio-vascular exercising?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

What obstacles do you anticipate?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

How can you overcome those obstacles?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
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How will your efforts to increase your cardio-vascular health help you?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Step 5: Monitor My Behavior – Strength Training

Monitoring your progress toward your goals will help to reinforce your behavior. Keeping track of your behaviors through logs will help you determine what you have accomplished at given times. Periodic re-evaluations support your success. Once you reach your goal(s), set new ones to improve or maintain what you have already achieved. Use a separate page for each change.

EXAMPLE:

**My healthy behavior change**  Start doing push-ups.

**My goal**  Do 2 sets of 10 push-ups every day.

<table>
<thead>
<tr>
<th>Date</th>
<th>My Accomplishment</th>
<th>How It Felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1/2014</td>
<td>I did 1 set of 5 push-ups today.</td>
<td>I wasn’t too tired but didn’t want to overdo. I felt good.</td>
</tr>
</tbody>
</table>

**Strength Training**

<table>
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<tr>
<th>Date</th>
<th>My Accomplishment</th>
<th>How It Felt</th>
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Step 5: Monitor My Behavior
Strength Training (Continued)

What do you like about strength training?
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________

What is difficult about strength training?
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________

What obstacles do you anticipate?
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________

How can you overcome those obstacles?
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
_______________________________________________________________________________________________________
Step 5: Monitor My Behavior – Flexibility Training

Monitoring your progress toward your goals will help to reinforce your behavior. Keeping track of your behaviors through logs will help you determine what you have accomplished at given times. Periodic re-evaluations support your success. Once you reach your goal(s), set new ones to improve or maintain what you have already achieved. Use a separate page for each change.

EXAMPLE:

My healthy behavior change _Take up Yoga._

My goal _Take classes and then be able to practice three days a week for at least 45 minutes._

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<thead>
<tr>
<th>Date</th>
<th>My Accomplishment</th>
<th>How It Felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1/2014</td>
<td>I took my first class.</td>
<td>I liked it more than I thought I would!</td>
</tr>
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</table>

**Flexibility Training**

My healthy behavior change

My goal

<table>
<thead>
<tr>
<th>Date</th>
<th>My Accomplishment</th>
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Step 5: Monitor My Behavior
Flexibility Training (Continued)

Which flexibility training have you tried before? How long did you do it?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

What obstacles do you anticipate?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

How can you get past those obstacles?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

In what ways are you hoping flexibility training will help you physically? Mentally?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Step 6: Reward Myself

People who reward themselves are more likely to continue to exercise than people who don’t! The challenge is to decide what reward would motivate you to reach an exercise goal.

Your reward needs to be something that will give you the incentive to achieve your goals. It needs to be healthy, within your budget and something you’ll be excited about. If you are buying yourself something, be sure your reward is something you wouldn’t ordinarily buy or do. Brainstorm some possible rewards.

- Rewards that would be meaningful to me___________________________________________
- Small rewards I could give myself ________________________________________________
- Large rewards I could give myself ________________________________________________
- Things that would not cost money and would be fun ________________________________
- Rewards that I can afford and that would be fun ________________________________
- Rewards that I enjoy alone ______________________________________________________
- Rewards I enjoy with people who support me______________________________________

You deserve a pat on the back for the hard work you are completing in this chapter. Rewards help you to pay attention to your triumphs, not your setbacks. Rewards will create good feelings and propel you to want to work harder to reach your goals. Whenever you have completed or achieved one of your goals, treat yourself to one of the items on your list. You can also reward yourself by giving yourself positive affirmations when you have achieved a goal. Below are some samples. Cut them out and post in visible spots at home and work! If these don’t work for your goal, write your own on sticky notes!

<table>
<thead>
<tr>
<th>I exercised today!</th>
<th>Good for me!</th>
<th>I knew that once I got started, I could do it!</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel so good!</td>
<td>I felt energized after exercising!</td>
<td>I am proud of ME!</td>
</tr>
<tr>
<td>I felt good all day after exercising.</td>
<td>I found the time to exercise!</td>
<td>I was a more pleasant person all day!</td>
</tr>
</tbody>
</table>

Aside from the rewards you give to yourself, you will have given yourself at least seven benefits of regular physical activity, according to the Mayo Clinic: weight control, lowered risk of diseases, improved moods, energy boosts, better sleep, more of a spark in your sex life and the fun of physical activity.
Step 7: Tips For Motivated Behavior Modifications

Cardiovascular Training

- Set aside a regular time for exercise and give your workout sessions priority in your weekly plans.
- When you begin to feel too tired or unmotivated to engage in exercises, call, email or text people in your support system to keep you going.
- Cardiovascular training can take a variety of forms including swimming, running, walking, jogging, working out in a gym, riding a bicycle and engaging in aerobic exercises.
- Begin cardiovascular training by taking the stairs instead of escalators and elevators, walking to the store rather than riding, parking the car far away from the door, and joining a gym rather than going shopping or surfing the Internet.

Strength Training

- You can develop a strength training program with or without weights. Choose the option that meets your physical wellness objectives.
- Change your appearance by adding muscles and reducing the size of your fat deposits.
- A program of using a moderate number of lifting repetitions and weight will improve your physical fitness.
- Abdominal crunches (sit-ups) are helpful in flattening your abdomen.

Flexibility Training

- Much of flexibility training is primarily designed to increase your range of motion and alleviate or prevent back and neck pains and strains.
- Stretch your back and hamstring muscles at least three times per week.
- Physical arts like tai chi and yoga, blend physical wellness and spirituality, and can be very effective in promoting mobility and flexibility.
- As a warm up, stretch your neck, back, shoulders, hamstrings, calves and Achilles tendons before exercising.