**Name:**

**Student ID:**

**BeWell Assignment #4 (45 points)**

**Complete and Save this assignment as a .pdf file.**

**Upload your typed BeWell#4 by the due date to Canvas.**

**We cannot accept emailed assignments.**

**Late assignments will be penalized as stated in the syllabus.**

**STEP 1: STAGES OF CHANGE** **(5 PTS)**

Answer each question in the table in detail about your stages of change.

|  |  |  |
| --- | --- | --- |
|  | **Nutrition** | **Exercise** |
| **A) List your stage of change from BeWell#1 for nutrition and exercise behavior.** |  |  |
| **B) List your current stage of change for nutrition and exercise behavior.** |  |  |
| **C) Was there a change in your stages of change or your eating/activity behavior over the term? Explain in 2-3 sentences why or why not for both nutrition and exercise.** |  |  |

**STEP 2A: NUTRITION JOURNALING (5 PTS)**

Using the nutrition journal, record all food and drink consumed for THREE days. At least ONE weekend day (Saturday or Sunday) must be included. All columns within a row must be completed and detailed to earn full credit. You may add additional rows if necessary.

**For example:** A sandwich should be itemized to be: 2 slices of bread (whole wheat), 2 slices of cheddar cheese, 1 tbsp of mayo & mustard, 4 slices of tomato, 2 leaves of lettuce, 2 slices of turkey.

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| **Date** | **Day of the week**  (Mon-Sun) | **Time** | **Food and Beverage Consumed** | **Amount Consumed** **(oz, cup, Tbsp, slices, etc.)** | **Satiety Level****After Eating****1=hungry,****2=slightly hungry,****3=satisfied,****4=slightly full,****5=very full** |
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Number of fruits consumed in 3 days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of vegetables consumed in 3 days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount of water (in ounces) consumed over 3 days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 2B: EXERCISE JOURNAL (5 PTS)**

Record all exercise engaged in for one week (seven consecutive days). All columns within a row must be completed and detailed to earn full credit. Indicate “No Exercise” on the days you did not exercise.

Refer to page 33 in your textbook with regards to labeling the intensity of exercise.

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| --- | --- | --- | --- | --- |
| **Date** | **Type of Exercise(walking, swimming, resistance training etc.)** | **Detailed explanation of exercise (8 reps, 2 sets of 10 push-ups, 1500m swimming, Heart rate during exercise, etc)** | **Duration of Exercise (minutes)** | **Intensity of Exercise(low, moderate, vigorous)** |
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Total time spent in low intensity exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Total time spent in moderate intensity exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Total time spent in vigorous intensity exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Question #1: JOURNAL OBSERVATIONS (5 PTS)**

After reviewing both your nutrition and exercise journal, explain TWO interesting perceptions/observations. Additionally, compare and contrast your journaling from BeWell#4 with your BeWell#1 at the beginning of the term and state one insight for both exercise and nutrition.

|  |
| --- |
| Perception#1: |
| Perception#2: |
| In 1-2 sentences, compare and contrast your current nutrition journal with your BeWell#1 **nutrition** journal. (What were the similarities and differences?)  |
| In 1-2 sentences, compare and contrast your current exercise journal with your BeWell#1 **exercise** journal. (What were the similarities and differences?)  |

**STEP 3: GOAL SETTING (15 PTS)**

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| **Question 2:**  | **Your Responses** |
| **A) Re-State your 1-2 SENTENCE SMART GOAL from previous BeWell assignments:****\*Be sure you have used your TA/instructor’s feedback from previous assignments to revise your SMART goal with all 5 SMART components in one-two sentences.**  |  |
| **B) SMART goal FINAL UPDATE: Your SMART goal (above) was supposed to be completed near the end of the term.** **In 2-3 sentences, describe your progress on achieving this SMART goal.** |  |
| **C) Using the SMART goal format, create a NEW 1-2 sentence SMART goal that you will work towards for the next 4-6 weeks.** |  |

**STEP 4: PLANNING FOR THE FUTURE (8 PTS)**

**Question 3:** ***Strategies for the Next Three Months.***

In this quarter, you have learned about eating and exericse patterns and identified how it relates to your personal health and wellness. Describe two strategies that you will personally use to maintain (or improve) your nutrition and exercise patterns in the **next three months**. Each strategy should be detailed in 2-3 sentences. *(Please note: A strategy is a careful plan, be specific).*

|  |
| --- |
| **Strategy 1:**  |
| **Strategy 2:**  |

**Question 4: *The Next Three Years.***

|  |  |  |
| --- | --- | --- |
| **List your current academic major or explain your career aspirations.** | **How will you incorporate healthy eating and exercise patterns into your desired career path?** | **Explain how incorporating healthy eating/exercise patterns will specifically affect two dimensions of wellness.**  |
|  |  | 1) 2)   |

**Final Instructions: Save as a .pdf (recommended).**

 **Upload your assignment to Canvas by the due date.**

**Double check your uploaded document for errors.**