HEALTH CARE JOURNAL

Using either your personal desire or an indicated problem area from your Berkeley Stress Questionnaire, identify a health change goal and implement a change plan for one week. Complete the attached “Health Journal” as a record of your experience:

Completing the “Health Journal” form:

1) **Identify a health goal you will work on for one week; include what things you will have to change (behaviors to reduce, eliminate, or initiate).** Try and choose something that is a manageable issue and one that you feel comfortable disclosing. For example, I may want to lose 15 pounds, but a manageable goal for me would be to reduce the number of times during the week I stop for a sugar donut on my way to work. Reducing the number of times I stop (and the number of donuts I eat) would be a good goal.

2) **Identify one or two strategies you will use in your efforts to make a change and progress toward your goal.** Use one or more of the strategies (or some of your own) from the “Behavioral Change Strategies” form attached.

3) **Monitor and record your progress**—At the end of the week, complete items 2-7 on your Health Journal form. While this form is a summary, it sometimes helps to do a daily log of your efforts—that is optional.
BEHAVIOR CHANGE STRATEGIES

For each behavior change strategy that you choose, write out how you will use this strategy to help you reach your health goal.

☐ **Stimulus Control** - Avoid or change the environmental cues that are potent stimuli for unwanted behavior; or establish an environment with cues that support your healthy behavior.

Example:

☐ **Supportive Relationships** - Sometimes change requires social support or at least an absence of social temptation. Evaluate your relationships and spend your time with individuals who support your change (by word and deed) and avoid those who do not.

Example:

☐ **Consciousness Raising** - Gather information about problems that can occur for you or others as a result of the behavior you have identified as a target for change—this is a way to increase your commitment to change.

Example:

☐ **Replacement** - Replace any negative health behaviors with a positive, health-promoting or at least neutral distraction behavior.

Example:

☐ **Reinforcement Reward** - Reward yourself for progress on changing (note: use healthy rewards!)

Example:

☐ **Other (describe):** ____________________________________________________________
MY HEALTH GOAL JOURNAL

1. My health goal for the week:

2. I have succeeded in working toward my goal by:

3. Things that have made it difficult to work toward my goal:

4. I used these strategies (see Behavioral Change Strategies):
   - Stimulus Control
   - Reinforcement
   - Identify other behaviors
   - Changing who I hang out with
   - Personal Contact linked to target behavior
   - Recruit a partner
   - Take “time outs”
   - Replace with new behavior
   - Raise consciousness
   - Other _________________________

5. The following strategies work well:

6. These strategies were not so helpful:

7. Other strategies I might try:

8. Do I need to adjust my goal?  □ Yes  □ No
   If yes, what is my revised goal?