

# Behavior Change Plan paper for Fit & Well

## Session II

Type a 2-3 page paper on the following topic;

**“Why Is It Important To Change ??? Behavior”**

Include the following information:

- **What specific behavior do you plan on changing?**
- Why is changing this particular behavior important to you?
- How do you plan on changing this behavior?
- What do you expect to gain from the behavior change?
- What is your personal incentive for making the behavior change?
- How long do you think it will take to succeed in the behavior change?
- In this paper, set short term and long term goals to achieve your behavior change, and describe how you plan on achieving each goal. What action will you take?
- Be sure to do some preliminary research on your selected behavior change and describe in the paper what you have found, so far.

**Cover page:**

- A cover page with topic title, your name, name of this course, and due date of paper, should be the 1<sup>st</sup> page, **which is not considered one of the 2 -3 pages.**

**Reference:**

- **Be sure to site your references.** List the URL or http of all web sites that you consulted to write this paper.
- **List any books that you consulted, to write this paper.**
- **The reference page is not considered one of the 2- 3 pages.**

**Format:**

- The paper should be type written in size 12 font double spaced.

**How to deliver the paper:**

- Staple the paper in the upper left-hand corner and give it to me on \_\_\_\_\_.
- **or you may email me the paper before the due date.**

**Due date:**

- **This assignment is due by \_\_\_\_\_ . If it is not completed or completed correctly, a full grade reduction will occur at the end of the course.**

If you have any questions about the assignment, be sure to ask me tonight before we leave class.

Mark Sissom

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