

# Fit and Well - Behavior Change 5-10 page paper

## Session VI

Type a 5-10 page paper on the following topic;

### “My behavior change plan”

Include the following information:

- What was the behavior you changed?
- Why was changing this particular behavior important to you?
- How did you change the behavior?
- What did you gain from the behavior change?
- What is your personal incentive for making the behavior change?
- How long did it take to make the behavior change?
- How long do you think it you can hold on to this behavior change?
- What are the results, short term, of your behavior change?
- What is the projected result, long term, of your behavior change?
- Do you expect additional future benefits from your behavior change?
- What research did you find on the behavior change you selected?

### 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 5 -10 pages.**

### Format:

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

### Reference:

- **Be sure to site your references.** List the website address of websites that you consulted as part of your research.
- **List any books that you read or researched (Fit & Well, and other text books)**
- **The reference page is not considered one of the 5-10 pages.**

### How to deliver the paper:

- Staple the paper in the upper left-hand corner of the paper and give it to me on \_\_\_\_\_.
- **Be prepared to present your portfolio/5-10 page paper on the night of the last class.**
- **Be prepared to answer questions about your behavior change and research on the topic you selected.**

### Due date:

- **This assignment is due by \_\_\_\_\_.** **If it is not completed or completed correctly, a 30% deduction on your final class grade will occur.**

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

## **Helpful tips on writing this 5-10 page paper**

- **Be sure you fully understand your behavior change**
- **Use parts of your 2-3 page paper as you introduction**
- **Discuss strategies you have used to get moving towards your behavior change.**
- **Discuss results, progress, setbacks (if any), and any change in attitude you have experienced during this process.**
- **What is your future prognosis for your behavior change.**

### **Conclusion**

What is your overall opinion about the 6 weeks of work towards a positive behavior plan towards and happier, healthier lifestyle.

### **References (Required, but not considered as part of the 5-10 pages)**

List all material that you used to write your paper

### **Appendix (Optional, but not considered as part of the 5-10 pages)**

Add an appendix of material that you would like to share with the class or teacher

### **Presentation**

- Present your topic of behavior change
- Present your research on the topic
- Present supportive materials about your topic to the class for their education gain.
- Give the class and teacher your perspective on the entire behavior change process
- Your presentation should last 5 minutes (minimum) to 10 minutes (maximum)