

## Assignment 1: Starting Position

This assignment helps me get to know you and your perspective, and helps you to determine where you are now, and how you can develop a plan to follow through on your goals. Knowing your status helps with issues I can't cover, such as preparing friends and family, finding workout partners, or dealing with insecurities and fears.

**Objective:** Observe personal activity and dietary habits by logging physical activity, food and beverage intake, and attitudes and feelings.

**Procedures:** Log food and beverage intake, physical activity and observations for one week on the sheets provided, or your own forms.

As part of this assignment, log your food and beverage intake for the week, as well as your physical activity.

Answer the following questions based on your observations of yourself.

- ❖ How would you rate your current diet (nutritional intake)?  
 healthy    somewhat healthy    somewhat unhealthy    unhealthy    don't know
- ❖ Do you eat for: (check all that apply)  
 comfort    price    convenience/speed
- ❖ In general, do you eat: (pick one)  
 Planned meals and snacks    Whatever is handy when you're hungry
- ❖ Rate your current activity level (just before beginning this course)  
 very high    high    moderate    low    very low
- ❖ Rate each statement from 1 (strongly disagree) to 5 (strongly agree):  
 I tend to avoid or forget about physical activity and exercise.  
 I try to find ways to do things that require less energy – taking elevators instead of stairs.  
 I feel embarrassed about exercising in front of others.  
 I don't know where to begin with an exercise program.  
 I prefer gradual change to dramatic changes.  
 I can share problems and concerns with friends and family knowing they will fully support me.
- ❖ Approximately how many hours of television do you watch each week? \_\_\_\_\_

### Long-Term Goal (LTG)

The first step in following through is stating your Long-Term Goal (LTG) – the BIG one you want to achieve by semester's end (or longer). It's the culmination of all your work, and I'm sure you've already given it at least some thought. **It should be realistic, measurable, positive and attainable.**

What is your LTG?

## State of Change

Before developing a plan of action, determine your current state in terms of reaching your goal. Underline or circle the Description you feel best describes your Current State regarding your Long-Term Goal:

- ❖ Never considered change, need information
- ❖ Considered change but not yet committed
- ❖ Desire change, need motivation
- ❖ Attempting change, need structure, support and skills
- ❖ Change made, need reinforcement
- ❖ Change made, relapsing into bad habits, need renewed motivation and support.

Now think about things you've already tried or are attempting now to reach your LTG.

- ❖ List positive steps you're currently taking towards your LTG:

- ❖ List obstacles to reaching your LTG, such as habits or behaviors:

- ❖ List supports to help you overcome these obstacles:

## Plan of Action

Short Term Goals (STG's) are the plan of action (strategies) followed to achieve your LTG. The "hard copy" of likes, habits, general state and LTG from the above lists enables you to see your strengths and weaknesses, (and later your improvements and regressions), which helps in setting STG's.

STG's should be reasonable, positive steps towards your LTG, that take into account your individuality. If Kit Kats are one of your favorite foods on the planet, and you completely eliminate Kit Kats from your diet, you'd be cramming them down your throat by the pound as soon as the novelty of your new dietary habits wore off. If you are in the "need motivation" stage, instead of planning an intense exercise program, you may first want to find incentives to begin activity, such as trying different activities to see which you like, or finding exercise partners.

Every few weeks, review your list: reassess your state; note changes in attitude or habits; bring up new obstacles that appeared or old ones that were defeated. Develop and modify your STG's based on your new assessments.