

Name:
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Health Insurance Provider:

Activity 1 Choosing a Target Behavior

Use your knowledge of yourself and the results of Lab 1-1 (Lifestyle Evaluation) to identify five behaviors that you could change to improve your level of wellness. Example of target behaviors include smoking cigarettes, not exercising regularly, eating candy bars every night, not getting enough sleep, getting drunk frequently on weekends, and not wearing a safety belt when driving or riding in a car. List your five behaviors below.

1. _____
2. _____
3. _____
4. _____
5. _____

For successful behavior change, it's best to focus on one behavior at a time. Review your list of behaviors and select one to start with. Choose a behavior that is important to you and that you are strongly motivated to change. If this will be your first attempt at behavior change, start with a simple change, such as wearing your bicycle helmet regularly, before tackling a more difficult change, such as quitting smoking. Circle (select) the behavior on your list that you've chosen to start with; this will be your target behavior throughout this workbook.