

Name:
Date:
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Department:
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Activity 2 Gathering Information About Your Target Behavior

Take a close look at what you target behavior means to your health, now and in the future. How is it affecting you level of wellness? What diseases or conditions does this behavior place you at risk for? What will changing this behavior mean to you? To evaluate you behavior, use information from this text, from the resources listed in the For More Information section at the end of each chapter, and from other reliable sources.

Health behaviors have short-term and long-term benefits and costs associated with them. For example, in the short term, an inactive lifestyle allows for more time to watch TV and hang out with friends but leaves a person less able to participate in recreational activities. In the long term, it increases risk for cardiovascular disease, cancer, and premature death. Fill in the blanks below with the benefits and cost of continuing you current behavior and of changing to a new, healthier behavior. Pay close attention to the short-term benefits of the new behavior these are an important motivating force behind successful behavior change programs.

Target (current) behavior _____

Benefits

Short-Term

Long-Term

Costs/Disadvantages/Barriers

Short-Term

Long-Term

New behavior _____

Benefits

Short-Term

Long-Term

Cost/Disadvantage

Short-Term

Long-Term
