Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_

Personal Health 206

You: The Owner’s Manual

A case study in behavior change

1. What is the thing most important to Jillian or what poses the most immediate threat to her health? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Behavior Change Factor** | **Evidence** |
| Predisposing factors |  |
| Enabling factors |  |
| Reinforcing factors |  |
| Self-efficacy |  |
| Personal control |  |
| Beliefs |  |
| Attitudes |  |
| Perceived seriousness of health problem |  |
| Perceived susceptibility to health problem |  |
| Cues to action |  |

|  |  |
| --- | --- |
| **Behavior Change Strategy** | **Evidence** |
| Shaping |  |
| Visualization |  |
| Modeling |  |
| Controlling the situation |  |
| Reinforcement |  |
| Changing self talk |  |
| Decision making |  |
| Goal setting |  |