

*Step 3.* Read three separate scholarly journal articles that are pertinent to the behavior change you have selected. Current scholarly health journals that you might use for researching your area of interest are located on the third floor in the Pfau Library.

Write a summary/evaluation for each of the articles. Each typed summary/evaluation will be one page, single spaced and should include the following information:

- Citation: Include the author, date published, title of article, name of journal, volume number and pages. You may use any acceptable citation style.
- Several paragraphs summarizing the article. State the main points of the article and conclusions reached if the article was a research report.
- An evaluation of how this material will be helpful in validating or following through with the proposed behavior change. You should ask the question, "Of what value is this information to me now or later in life?"

To receive credit for summary/evaluations, a copy of each article must be submitted with the project. Each journal article cited must be at least four (4) pages in length.

*Step 4.* Keep a personal journal and write two journal entries per week describing your progress and pitfalls as you work toward your personal goal. Include barriers encountered, successes, emotional and physical reactions to the changes, reactions of others to the changes, and your comments and feelings about the project. For some changes, a daily entry would be appropriate. The more seriously you treat your journal writing, the more you will benefit from this project. Relate your progress to the stages of TTM.

*Step 5.* Write an evaluation of your health behavior assessment and modification project based on Lab Unit 10, Exercise 1 (page 10-3). The questions asked on the exercise are:

- Did you follow your plan? If so, did your timeline work? Were journal entries helpful? Were your support people valuable? If not, where did your plan break down? Was your goal unreasonable? What barriers hindered your progress?
- How do you feel about your efforts and any changes you made?
- How will you maintain your changed behavior?