

SMALL STEPS TO HEALTH AND WEALTH™

Track Your Current Behavior Instructor Guide Strategy 1



SSHW Materials Developed by: Rutgers, The State University of New Jersey
Instructor Guide Developed by: University of Arizona Cooperative Extension

Objectives:

Participants will:

1. Assess a starting point to increase awareness of their current behaviors.
2. Learn how to detail and track health and wealth activities.
3. Learn that keeping records will help them to become aware of changes in eating, exercise and spending to improve their health and wealth.

Estimated Time: 15 minutes (1:1 counseling) to 20 minutes (small group activity)

Materials Needed: Calculator

Activity Handout Needed: *Food and Activity Log* and *Income and Expense Log*

Introduction and Instructor Script:

The purpose of the behavioral change strategy, *Track Your Current Behavior*, is to develop an awareness of current practices. This is necessary to establish a starting point from where small changes can start. Keeping records of eating, activity and spending can be very tedious. People are often clueless on how much they eat each day, recommended serving sizes and physical activity requirements, and where they are spending their money. This can lead to a disconnection between health habits and financial practices.

Introduction and Instructor Script:

Individual Counseling: Discuss the *Food and Activity Log* and *Income and Expense Log* with participants and encourage them to list as much detail as possible, including their eating, activity and spending over the past day. The total calories consumed and minutes of activity in 10 minute increments for the past day should be summarized. Set a time period of one month initially to track both health and wealth behaviors after the counseling session.

Group Activity: Ask participants to think about and record their eating, activity and expenses over the past 24 hours or day. Discuss the added calories that can be overlooked and miscellaneous expenses that can easily be forgotten.

Debriefing Questions:

Group Activity: Discuss the hidden calories added to food (i.e., butter, cream and cheese) and the incidentals to be aware with spending (i.e., cards, gifts, snacks). What are the barriers to recording these items? How might denial be a reason for not tracking the behaviors?

Additional Resources:

Collect information on the calorie content of selected foods. Other useful tools to track behavior include step pedometers, calculators and record books or spread sheets for future tracking.

“The first wealth is health.”
-Ralph Waldo Emerson



**THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
TUCSON, ARIZONA 85721**

LINDA BLOCK, MS, AFC
Associate Agent

CONTACT:
LINDA BLOCK
lblock@cals.arizona.edu

This information has been reviewed by University faculty.
cals.arizona.edu/pubs/consumer/az1500a.pdf

Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by The University of Arizona.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.