

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_



## WELLNESS WORKSHEET 4

### Breaking Behavior Chains

Select a wellness-related behavior you think you might like to change. Examples are smoking cigarettes, eating candy bars every night, and not wearing a safety belt.

Target behavior \_\_\_\_\_

Use your health journal to collect information about your target behavior—what leads up to it and what follows it. By tracing this chain of events, you'll be able to identify points in the chain where you can make a change. The partial behavior chain below shows a sequence of events for a person who wants to add exercise to a daily routine—but who winds up snacking and watching TV instead. By examining the chain carefully, you can identify ways to break it at every step. After you review this sample, go through the same process for a typical chain of events involving your target behavior; use the blank behavior chain on the next page.

#### Sample Chain of Events

#### Strategies for Breaking Chain

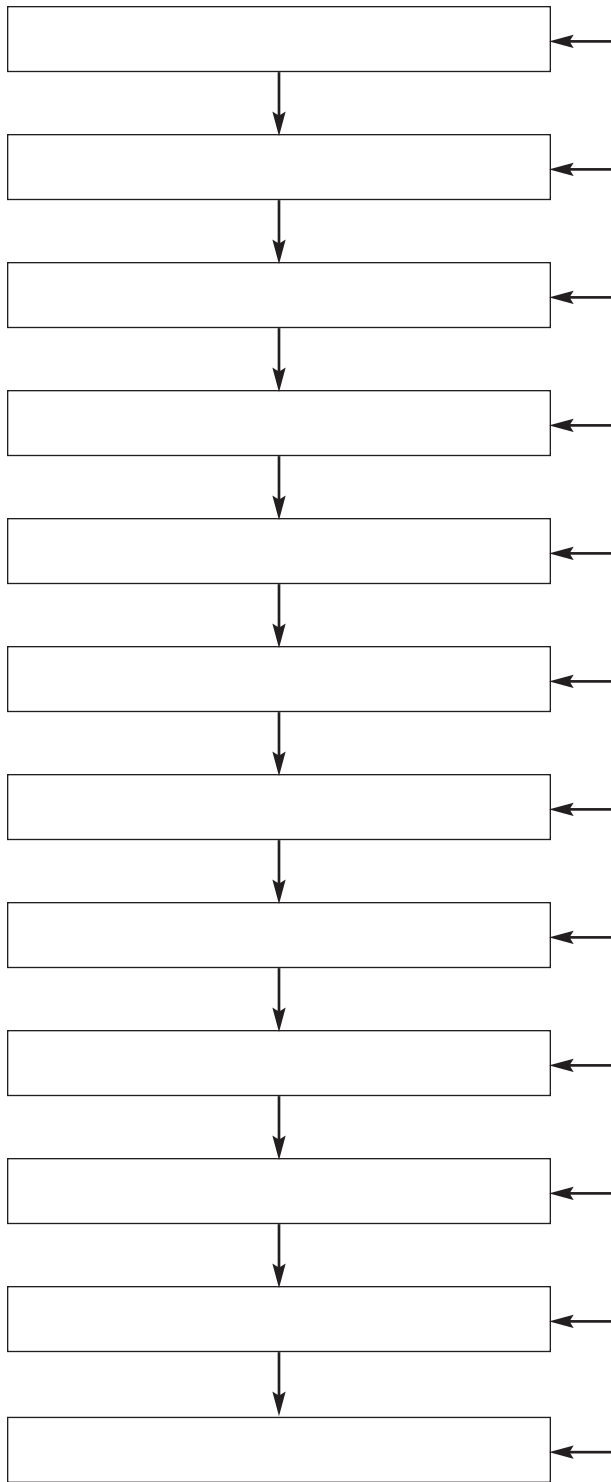


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WELLNESS WORKSHEET 4 — continued

**Chain of Events**

**Strategies for Breaking Chain**



SOURCE: Fahey, T. D., P. M. Insel, and W. T. Roth, 2005. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*, 6th ed. New York: McGraw-Hill. Copyright © 2000 The McGraw-Hill Companies. Reprinted with permission from The McGraw-Hill Companies.