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[Life Style Change Project](https://moodle.tru.ca/course/view.php?id=6210&section=20#t-assignment-2-life-style-change-project-35)

This assignment asks you to demonstrate your understanding of how the lifestyle change process can promote health by using informed problem solving to make a personal lifestyle change. The activities in this lesson will help you complete the assignment. It will take you approximately three weeks to complete your project.

In this assignment, you will apply the problem identification, problem analysis, action planning, and evaluation steps of the Four Step Problem Solving Model. The questions, instructions, and suggested schedule below are provided to guide you through the problem solving process and to help you develop your final project report as you work on each step.

As you work through each step, record your responses to the questions in your learning journal. To develop your project report, we recommend summarizing your findings in each problem solving step before moving on to the next step.

To complete this assignment, you are expected to:

* + - Identify a specific health issue.
    - Analyze the specific health issue in relation to your holistic health.
    - Propose an action plan.
    - Provide initial evaluation of your plan.

Your plan must include an achievable goal, appropriate motivators, a realistic schedule, and an evaluation strategy.

Read all of the instructions carefully before you begin the assignment.

Instructions

Critical required project tasks are to:

* + - Identify a specific lifestyle behaviour change goal and the main related health issue(s).
    - Analyze the behaviour and main health issue(s) in relation to your holistic health.
    - Develop and carry out a lifestyle change action plan.
    - Provide initial evaluation of your lifestyle change goal and action plan.
    - Write a project report that shows how you applied self-assessment, self-reflection, and informed problem-solving skills, to making a positive personal lifestyle change.

Project Options

* + - Identify a lifestyle behaviour or related health issue.
    - You may choose to work on this assignment independently or with one of your classmates. Whichever working method you choose, all students must submit an individual Personal Lifestyle Change Project.
    - As you work through your assignment, you may choose to ask another student to read your draft and give you feedback before you submit your final report.
    - You may choose to share your final report with your fellow classmates.

Assignment Submission

Making a change in lifestyle choices and behaviours can have some intensely personal aspects. In your project report, we recommend that you include only information you feel comfortable sharing.

The Project Report must include:

* + - An introductory paragraph that states the assignment topic, identifies a specific lifestyle behaviour that you want to change, states the main related health effects across the five health dimensions, and explains why you chose this behaviour for your change project.
    - A description of the health benefits likely to result from making a positive change, and the health disadvantages of *not* making change. Also describe the challenges that may occur, and identify the support that you need or want from others to achieve success.
    - A SMART (specific, measurable, achievable, realistic, and timely) lifestyle change goal statement and brief description of the positive health outcome(s) that you want to achieve.
    - A summary description of your lifestyle change action plan.
    - An evaluation of your lifestyle change experience as you worked through this assignment.
    - A concluding paragraph that includes a brief description of what you learned about the lifestyle change process by completing this assignment. Tell how this learning might be useful in providing health care services to others, and give any other feedback you may want to offer on your learning and/or the usefulness of this assignment.

Presentation

Your assignment should be typed in a 12 point font, double-spaced and about 2 to 3 pages in length. Remember to include your course number, your name, your student number, and the assignment title on the assignment cover page.

Grading Criteria

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| **Report Content** | **Weight** |
| Provides a complete response on all requirements described above. | ( /2) |
| Shows evidence of working through the problem solving steps. | ( /2) |
| Shows evidence of critical thinking (self-assessment, self-reflection and problem-solving) about the complexities of the lifestyle change process in health promotion. | ( /2) |
| Shows well organized logical, clear communication of ideas. | ( /2) |
| Uses correct grammar, spelling, and punctuation. Use your spell-check tool! | ( /2) |
| **Total** | **( /10)** |