

Brigham Young University

Final Lesson Plan

With a partner created a final lesson plan using the methods learned from our Teaching Methods class. Lesson plan, a sample of power point slides, and a final supplementary handout are included in this assignment.

LESSON PLAN

Title: Stages of Change in Goal Setting for Weight Management		Name	
Target Audience Corporate Wellness Program Weight Management Class for Employees		Method Buzz group and Literature	
Terminal Objective Class members will be able to identify the stages of change and categorize which stage of change they are currently in and set goals to help them move to the next level.		Terminal Concept There are different stages of change and in order to be most effective at changing a behavior it is important to understand which stage and individual is at and what goals will help move them to the next level.	
Domain Cognitive	Taxonomic Level Recall and Application		
Reference <ul style="list-style-type: none"> • E Myers. Motivational interviewing: Guiding clients through behavior change. Journal of the American Dietetic Association Weight Management Practice Group. Summer 2008 Volume 6 No. 1. • http://www.jillianmichaels.com/lose-weight/success-stories.aspx • http://www.goodhousekeeping.com/health/weight-loss/lose-weight-inspiration-stories 			
Preparation <ul style="list-style-type: none"> • Create power point slides for presentation as outline in learning experiences • Create handout on goal setting • Find inspirational weight loss stories 			
Pre-assessment (1 minute) Ask class to raise hands if they have ever heard of the stages of change.		Introduction (3 minutes) Show cartoons depicting some of the frustrations related to trying to lose weight. Ask class members if they can relate to the feelings depicted in the cartoons. Have at least one cartoon depicting the different stages of change.	
Supporting Objectives	Content Outline	Time	Learning Experiences
Class members will identify the six stages of change including relapse	Explain the Stage of Change <ol style="list-style-type: none"> 1. Pre-contemplation: Not planning on making a change in the next six months 2. Contemplation: Intends to take action in the next six months. 	10 minutes	Have power point slide for each of the stages of change. Give the name and definition of the stage of change (see content outline), and underneath give examples of that stage of change. <ul style="list-style-type: none"> • Pre-contemplation: Is overweight but does not

<p>Class members will categorize themselves into which stage of change they are currently at in various areas.</p>	<ol style="list-style-type: none"> 3. Preparation: Intends to take action in the next 30 days and has taken some steps in this direction 4. Action: Has changed overt behavior for less than 6 months 5. Maintenance: Has maintained behavioral change for more than 6 months 6. Relapse: Digress back to any of the previous stages of change <p>Have class divide themselves into groups based on which stage of change they are currently at in regards to trying to lose weight.</p>	<p>10 minutes</p>	<p>realize that they need to make lifestyle changes to lose weight</p> <ul style="list-style-type: none"> • Contemplation: Realizes that they need to lose weight, but has yet to determine goals or a plan to do so • Preparation: Has researched weight loss methods, created an exercise plan, and begun buying healthier food • Action: Has begun following exercise plan, and is eating healthier, low calorie foods • Maintenance: Has been following weight loss plan for one year • Relapse: Over the holidays begins eating high calorie foods and stops exercising. <p>Have class divide into buzz groups based on which stage of change they are at. Ask them to put their chairs in a circle and ask someone to be the group leader and another person to be the group secretary. Have one question on a power point slide. When you are ready for them to move to the next question, change the slide.</p> <p>Questions</p> <ul style="list-style-type: none"> -Why are you currently at this stage of change? -Are you at this stage as a result of relapse? If so, what caused the relapse? -If you have not relapsed, what is
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<p>Class members will be able to identify which types of goals are appropriate for the different stages of change.</p>	<p>Referring to power point slides teach class about which types of goals are appropriate for each of the stages of change.</p>	<p>5 minutes</p>	<p>motivating you to move forward? -What are some barriers preventing you from moving forward? -What are some things that motivated you to move up from the last stage of change? -What are you doing to help you advance to the next level? -What have you seen others do that helped them move up through the stages of change?</p> <p>Have class come back together and ask them what they learned from the buzz group discussion. Ask specifically about what they learned about goals and what helps people move up through the stages of change.</p>
		<p>15 minutes</p>	<p>For each stage of change have a power point slide with ideas of goals that would be appropriate for that stage of change.</p> <p>Pre-Contemplation:</p> <ul style="list-style-type: none"> • Goal is to increase awareness of need for change by learning more about the topic • Personalize information on risks and benefits as they relate to individual • Create supportive climate for change by decreasing barriers in environment • Build on existing knowledge • Discuss consequences of not making the change to

			<p>help recognize the benefits of changing and to help increase motivation to meet goals</p> <p>Contemplation:</p> <ul style="list-style-type: none">• Goal is to increase motivation and confidence to move forward by setting and meeting small goals• Identify problematic behaviors that hinder meeting goals and brainstorm how to eliminate problem behaviors• Suggest achievable steps towards change, create a plan to help move individual along goal path• Prioritize behaviors to change in an order that helps build confidence by putting the more easily achieved goals first <p>Preparation:</p> <ul style="list-style-type: none">• Goal is to initiate the change and start action• Illicit support from friends and family to act as cheerleaders as individual works to achieve goals• Discuss earlier attempts to change and what individual has learned about ways to succeed while meeting goals• Develop concrete action plan for how action will be carried out
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		<p>Action:</p> <ul style="list-style-type: none"> • Goal is to commit to change/action • Reinforce self confidence in ability to change by continuing to meet goals as they get harder • Discuss relapse and coping strategies if goals are not met and ways to keep from becoming discouraged <p>Maintenance:</p> <ul style="list-style-type: none"> • Reinforce commitment and maintain good behavior with reward system • Review what has worked and ways to improve • Look for other ideas that will help maintain change <p>Relapse:</p> <ul style="list-style-type: none"> • Goal is to continue moving forward • Focus on positives in order to not get discouraged • Review what caused relapse and look for solutions
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Assessment (5 minutes)
 Give everyone in class a piece of paper and something to write with. Ask them to identify which 1) stage of change they are at 2) which behavior they want to change 3) why they want to change it and 4) two achievable goals that will help them make the change

Closure (10 minutes)
 As a class read motivational stories (link of website of inspirational stories included at end of lesson plan) of people who have successfully lost weight and identify which goals/methods were beneficial and helped the individuals in the story initiate change.

<http://www.goodhousekeeping.com/health/weight-loss/lose-weight-inspiration-stories>
<http://www.jillianmichaels.com/lose-weight/success-stories.aspx>



SMART GOALS

It is important to remember a few things to make a goal successful. These can be remembered by using the acronym SMART.

Specific: This helps you know exactly what you are working to accomplish.

Measurable: This helps you know if you have met your goal or not.

Action-Oriented: This insures that there is something you can be doing to meet your goal.

Realistic: This helps you accomplish your goal and build confidence to set more goals in the future.

Time&Resource Constraint: This is to set a time limit and budget for your goal.

By following these simple guide lines as you set goals you are more likely to have success at measuring and meeting your goals, and therefore be encouraged to continue setting goals that help move you forward through the stages of change.



BRAINSTORMING

When setting goals the first step is recognizing the area needing change and thinking of goals appropriate for that specific change. Part of setting goals is recognizing which goals are appropriate to progress from your current stage of change to the next.

Brainstorm a list of goals that would be beneficial for you at your current stage of change. After you have brainstormed, think about which goals are most practical then choose 1-2 SMART goals to work on and write them down.

REFERENCES

COMMUNICATION AND EDUCATION SKILLS FOR DIETETICS PROFESSIONALS 5TH ED BY BB HOLLI, JO MAILLET JA BETO RJ CALABRESE

GOALS

SETTING & KEEPING



❁ STEP OF SETTING ❁

1. Recognize the need for change
2. Establish an appropriate goal
3. Monitor goal-related activity
4. Reward yourself for goal attainment

Ready, Set, Goal!

WRITE THEM DOWN

Date:

Goals

- 1.
- 2.
- 3.

Strategy to Modify Goal:

Time Frame:

Writing down your goals and placing them where you can see them makes it easier to keep track and see progress which will help motivate you to keep at your goal.

REWARDS

It is important to reward yourself as you meet your goals, especially when setting goals towards weight loss where it may not always be possible to see the benefits of meeting your goals. After meeting your goal for the week reward yourself with some type of non-food treat.

Rewards can be anything that is special, meaningful and motivational to you. It cannot be something that is considered a necessity, but rather a luxury or want that you usually do not indulge in.

It maybe helpful to have a friend or spouse help by having them give you the reward if you accomplish your goal.



REWARD IDEAS

FLOWERS	BUBBLE BATH	TICKETS TO SPECIAL EVENT
HOBBY SUPPLIES	PEDICURE/MANICURE	NEW OUTFIT
NEW BOOK	MUSIC	ALONE TIME
HAIR CUT	SPECIAL TRIP	FITNESS CLASS
MASSAGE	JEWELRY	MONEY



REMEMBER

When setting goals it is important to remember that success is not achieving 100% of your goal the first time you try. Actually achieving 70% of your goal for a week is considered reward worthy.



WEIGHT MANAGEMENT

Behavioral Change

Changing your behavior

- “All Change is Voluntary” –
Nora Nyland PhD

Stages of Change

Pre-Contemplation



Cathy Thorne © www.everyday people cartoons.com

THE SWEET TOOTH VERSUS THE SWEET THING.

Stages of Change

Pre-Contemplation

- No plans
- Never really thought about it
- No planned change for next six months
- Ex:

Stages of Change

Contemplation



Stages of Change

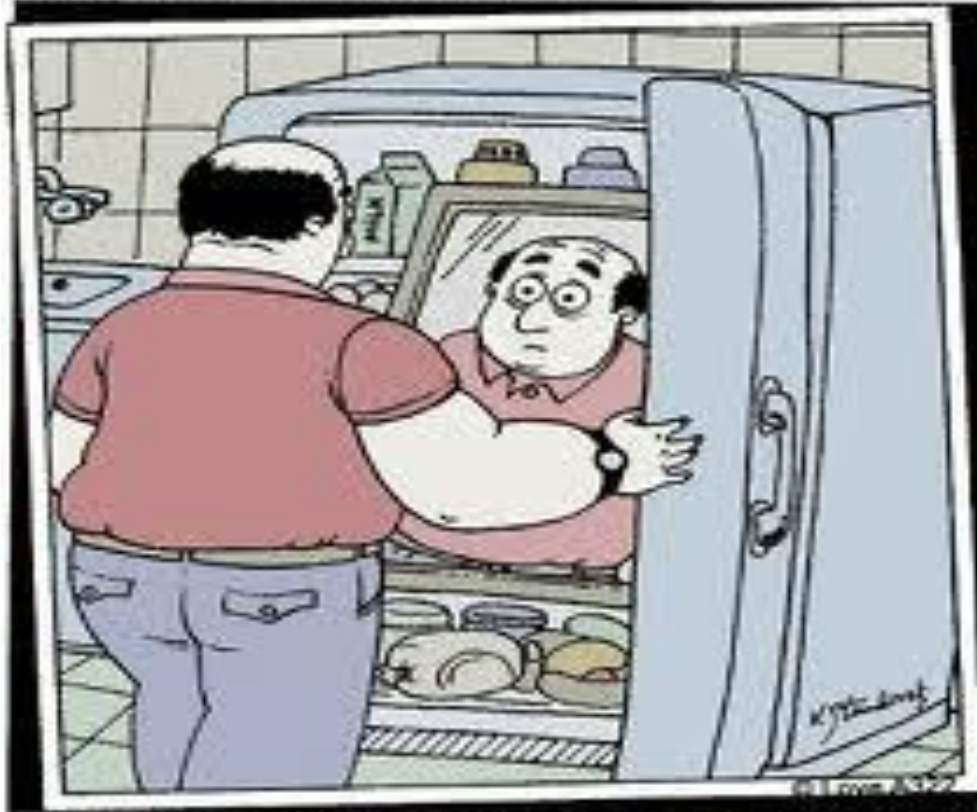
Contemplation

- Thought about it
- Made some tentative plans
- In the next 6 months
- Ex:

Stages of Change

Preparation

Snapshots at jasonlove.com



Bob devises the ultimate weight-loss system.



"If my willpower falters passing the cake shop, restrain me."

Stages of Change

Preparation

- Intend to take action
- Within next month
- Taken some baby steps towards change
- Ex:

Stages of Change

Action

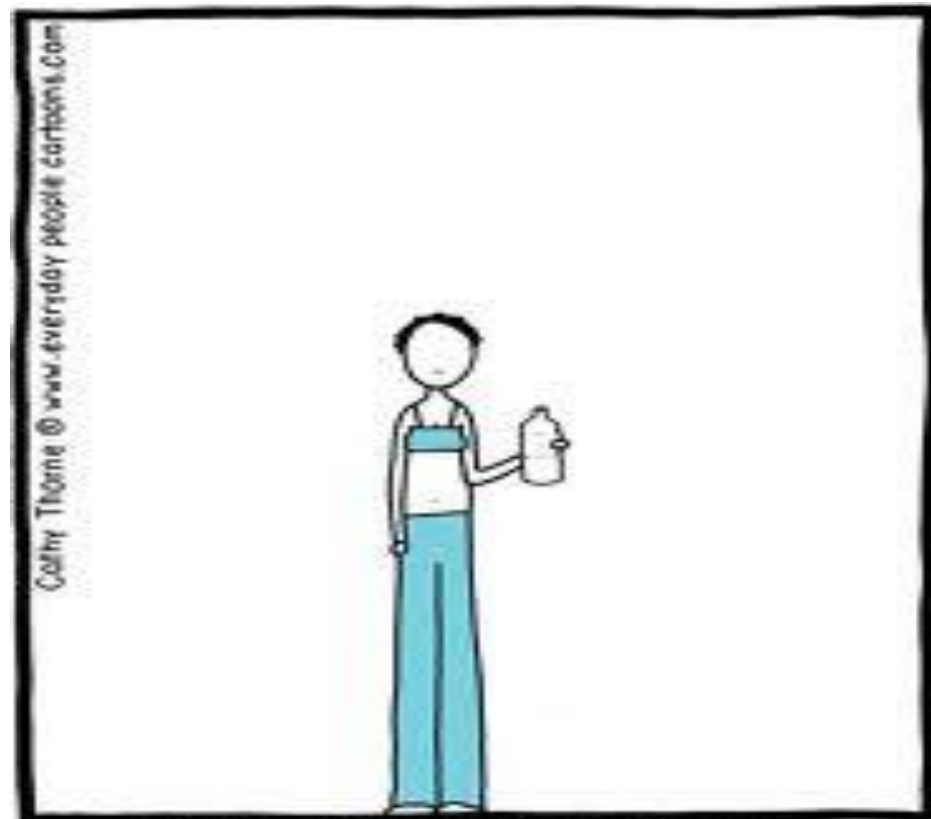
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search ID: hsc00420

"EVERYTHING I EAT IS FAT-FREE. SO WHY AM I STILL FAT?"



"I'M ON THE 'LOW-FAT, LOW-CARB, TURN-INTO-A-MOOY-GROUCH-AND-LOSE-ALL-YOUR-FRIENDS' DIET."

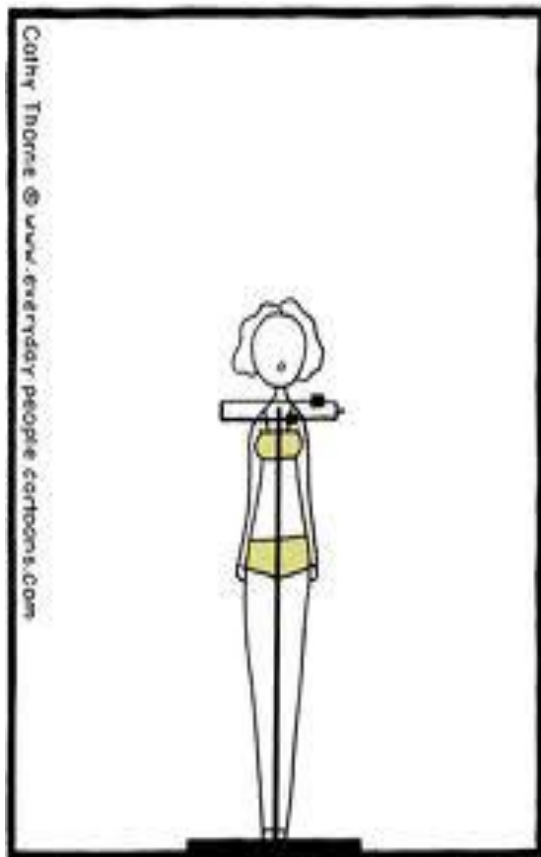
Stages of Change

Action

- Made the changes
- Less than 6 months of behavior changed
- Following plan
- Ex:

Stages of Change

Maintenance



I DIDN'T REALLY BELIEVE IT BEFORE I BEGAN THE PROGRAM, BUT THERE IS AN ACTUAL CONNECTION BETWEEN WHAT I EAT AND WHAT I WEIGH.



Stages of Change

Maintenance

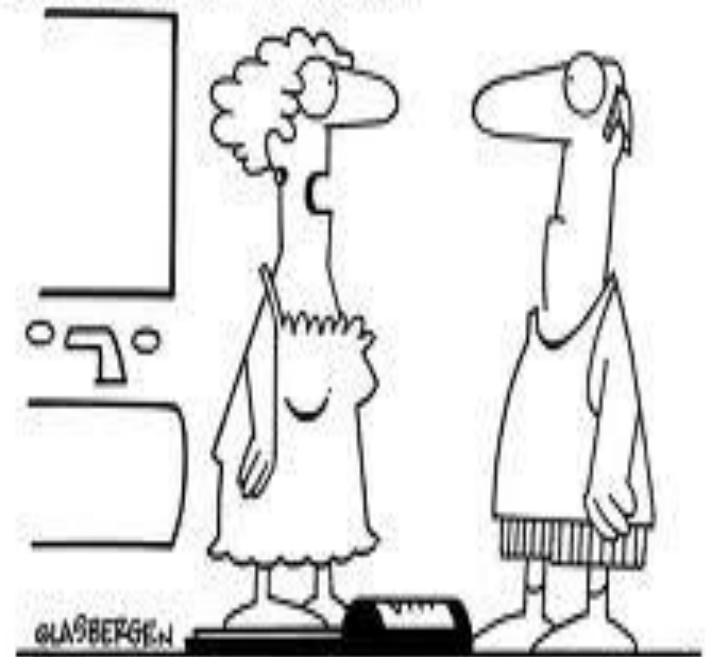
- Maintained behavior change for over 6 months
- No relapse or regression
- Ex:

Stages of Change

Relapse



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"Why does it take six weeks to lose five pounds, but only one day to gain it all back?"

Stages of Change

Relapse

- Digress back into previous behavior or stages of change
- Ex:

Discouragement



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.



"Don't step on it... it makes you cry."

Stages of Change

Discouragement

- Unofficial stage of change
- Stage of regression
- It will happen likely at some point
- “Never give up. Don’t ever give up.” – Jim Valvano