

Theory of Planned Behavior

After a series of questions that I asked my client, I was able to apply the answers to a theory. From there I made a logic model that they could follow.

Attitude towards the behavior:

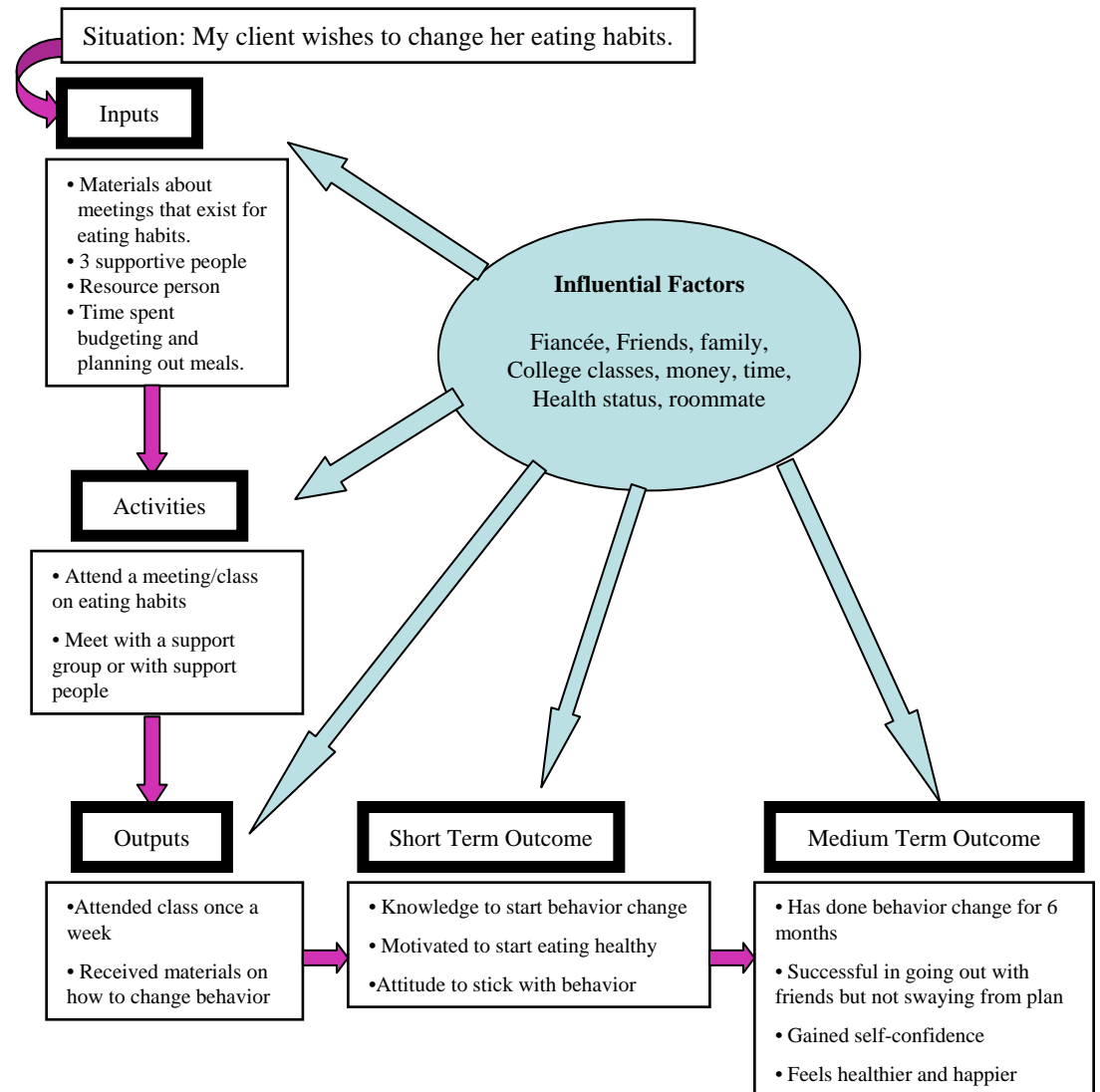
- My client knows that eating healthier will make her feel more energetic, and happier.
- My client knows that eating healthier could lower her risk of heart disease and diabetes.
- My client knows that if she starts to eat healthier, she will lose weight.
- My client's father has high blood pressure, and her grandpa also has high blood pressure and has had additional heart problems, therefore influencing her attitude towards changing

Subjective Norms:

- My client does not know what her fiancée will say if she tells him about changing her eating behavior.
- My client believes that it will be hard to stick with her new eating habits in the presence of her friends.
- My client feels committed to change even though she might not have the full support of her friends or fiancée.
- My client was able to list three people who will be supportive of her change in behavior, along with people who might not be as supportive.
- My client commented that she is very anal about sticking to a schedule, so she feels that if she has a plan she will be able to stick with it even if her friends are doing the opposite.

Behavioral Control:

- My client knows that she is in control of this change.
- My client knows that she is the only one that can make this change for her.
- My client knows that in order for her eating habits to change, she will have to give some stuff up.
- My client feels prepared to take the next step and to take action.
- My client feels that even though her friends might want to go out to dinner that she does not have to eat with them, but could still go.



Assumptions: Client wants to make behavior change, client will follow set plan, client willing to attend classes, and client willing to give up something to make change.