For this project you will be required to select a personal health goal and write an 800 word essay. The essay must include an Introduction, Body and Conclusion paragraph with a minimum of 3 references from peer-reviewed database articles.

1. Complete the Evaluate Your Lifestyle health assessment.
2. Based on the results of the assessment, choose an area that you would like to improve.
3. Write a 800-word essay that includes the following:
   - The results of your assessment and the area that you would like to improve.
   - A clearly stated goal that demonstrates use of the SMART principles of goal-setting.
   - The strategies that you plan to use to improve your chosen health behavior. Your strategies should be specific with a clear implementation timeline.
   - A discussion as to how each of the dimensions of wellness are impacted by the area that you would like to improve.

HSC 2100 Essay

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<tr>
<th>Content and Development 80 Points</th>
<th>Points Earned XX/80</th>
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<td>Additional Comments:</td>
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All key elements of the assignment are covered in a substantive way.
- Write an 800 word essay that includes the following: (Each section is worth 10 points)
  - The results of your assessment and the areas that would like to improve. Pick one specific habit that will be the focus of your behavior change plan.
  - Monitor the habit for a week. Create a log/chart detailing when you engage in the habit and the patterns to the negative health behavior.
  - Which of the following theories related to health behavior change do you feel are applicable to you as you work towards your goal: Transtheoretical Module or the Health Belief Model (provide a brief
description of the theory based on its applicability to you).

- A clearly stated goal that demonstrates use of the SMART principles for goal setting.
- The strategies that you plan to use to improve your chosen health behavior. Your strategies should be specific with a clear implementation timeline.
- A discussion as to how each of the dimensions of wellness are impacted by the area that you would like to improve.

- Includes a 3-5 sentence introduction that provides a sufficient overview of the paper. (10 points)
- Includes a 3-5 sentence conclusion that flows with the body of the paper. (10 points)

<table>
<thead>
<tr>
<th><strong>Structure of Paper</strong></th>
<th><strong>Points Earned</strong></th>
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<tbody>
<tr>
<td><strong>10 Points</strong></td>
<td><strong>XX/10</strong></td>
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Each section is worth 2 points.

- Logical paragraph structure with indentions.
- Appropriate tone.
- Written in complete sentences.
- Consistence, well-structured sentence flow.
- Transition sentences are that are used for logical flow.

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<thead>
<tr>
<th><strong>Grammar and Mechanics</strong></th>
<th><strong>Points Earned</strong></th>
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<tr>
<td><strong>10 Points</strong></td>
<td><strong>XX/10</strong></td>
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Each section is worth 2 points, Spelling is worth 4 points.

- Includes a title and reference page (reference page as necessary)
- Has effective headers and adequate use of white space (The paper should be typed in Times New Roman, 12-point font, with 1 inch margins)
- Rules of grammar, usage, and punctuation are followed.
- Spelling is correct. (4 points)
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<tr>
<th>Total 100 Points</th>
<th>Points Earned XX/100</th>
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**Overall Comments:**