

# Before I get started

How effective do I think the intervention will be?

Not very

Excellent

How well does the intervention fit my preferences?

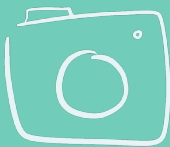
Not very

Excellent

How much will I enjoy doing the intervention?

Not very

A lot!



For the next 2 weeks, please document your interaction with this instruction set, as well as your intervention photographically. You will be asked to send these photos in at the end of the study.



How effective was the intervention?

Not at all

Excellent

How likely am I to maintain the intervention?

Not likely

Very likely

How well does the intervention fit my preferences?

Not very

Excellent

How well does the intervention fit my context?

Not very

Excellent

How much did I enjoy doing the intervention?

Not very

A lot!

What's next?

Improvements I could make to the intervention:

# After 2 weeks

How did I experience the last 2 weeks?

My outcome measurements for the 2 weeks:



My barriers for maintaining this intervention are...



My facilitators for maintaining this are...



A different intervention I want to try:

## Record your progress

Mark each day you did what you set out to do (even if you set out to do nothing)



My Self-  
Experimenting  
Journal



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