HOW TO MAKE HEALTHY CHANGES: 4-Part Series

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# HEALTHY CHANGES: 4-Part Series

**Every Wednesday in June, 11:30-12 Noon**

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Every Wednesday in June, 11:30-12 Noon
Part 4: Make it Stick!
Commitment Devices for Behavior Change
Part 4: Agenda

- **Strategy 1:** Commitment Devices 101
- **Strategy 2:** Types of Commitment Devices
- **Strategy 3:** Build Your Own Commitment Device
- **Strategy 4:** Commitment Device Services
Talking about change is easy. Committing to it isn’t.
Strategy 1: Commitment Devices 101
A commitment device

something you put in place in the present to ‘lock you in’ to a certain course of action in the future.
Commitment Devices 101: Two Features

Voluntarily adopted

Binds us to desired behavior
The most powerful commitment devices act more like gentle reminders rather than hard-set rules.
Commitment Devices In Action

- Sleep
- Nutrition
- Fitness
- Work
Work
• Optimize workspace
• Walk break alarm

Fitness
• Team up with friends
• Workout clothes on

Sleep
• Remove your bedroom TV
• Alarm clock across room

Nutrition
• Order groceries online
• Buy healthy snacks
Strategy #2: Types of Commitment Devices
Type of Commitment Devices

- Personal Rules
- Public Pledge
- Monetary Contract
- Social Contract
Type #1: Personal Rules

- Contract to self
- Automatic over time
- Subtle changes
- Temptation bundling obstacles
Type #1: Personal Rules

Temptation Bundling

Reflect on what you want to do and what you should do

When the two seem compatible, try bundling them together.

Bundle works = WILL POWER!
Type #1: Personal Rules

Temptation Bundling Formula

When, where, and how of plan

“When situation [x] arises, I will perform [y]”

“I will only [tempting behavior] while I [desired behavior].”
Temptation Building Examples

- I will only listen to my favorite podcast while I prep meals on Sundays.
- I will only drink my favorite coffee while I work on my report.
- I will only get a pedicure while I answer overdue emails.
- I will only listen to my favorite playlist while I clean the kitchen.
- I will only watch my favorite show while I fold the laundry.
Temptation Building! Write your own!

“When situation x arises, I will perform y”

“I will only [tempting behavior] while I [desired behavior].”

Remember to include WHEN, WHERE, & HOW of Plan!
Type #2 Public Pledge

- Make a public commitment
- Tell friends, colleagues, boss
- Lock yourself into desired behavior
Type #3 Monetary Contract

- Price tag to your commitment
- Monthly cost consequence
Type #4 Social Contract

- Agreement between two + people
- Cost of letting someone down
- Accountability partner
- Provides support and pressure
A Few IDEAS

- $1 donated to your favorite charity when you hit your goal and $10 donated to a charity you hate when you miss it.

- 30-minutes of TV per night when you hit your goal and none if you miss it.

- Block distracting websites like social media for the rest of the day if you don’t hit your goal.

- Sign up for long-term gym memberships vs. single day passes.
A Few IDEAS

Using temptation bundling and restrict certain fun stuff only to occasions when you’re engaging in a healthy/productive behavior.

Teaming up with a workout partner for accountability.

Having a portion of your paycheck automatically transferred to your savings account.

Canceling your TV service to protect your time.
A Few IDEAS

- Cutting up your credit cards to avoid mindless spending.
- Leaving work at the office so you can’t keep doing it at home.
- Buying junk food or candy in small packages, rather than in bulk.
- Getting rid of all sugary drinks in your house to prevent drinking.
- Buying small plates to avoid overeating.
Strategy #3: Build Your Own Commitment Device
A carefully chosen commitment device closes the gap between your intentions and actions.
Strategy #3: Build Your Own

How will you implement it?

What are your long-term goals?

Which daily habits will take you there?

And how can you bind yourself to those habits?
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Strategy #4: Commitment
Device Services
Strategy #4: Services to Help You Commit

Commit to Goals
- StickK
- SelfControl

Self-Tracking
- coach.me
- StayFocused

Commitment Contracts
- Beeminder
- Freedom
- Forest
Thank you!

Questions?
1. **Coach.me** – Get a coach for the particular goal or habit you’re working on.
2. **StickK** – Create commitment and monetary contracts. Send your money to charity if you don’t meet your goal!
3. **Beeminder** – Combines self-tracking and commitment /monetary contracts.
4. **OneTab** is for Google Chrome and Firefox that remove clutter.
5. **News Feed Eradicator for Facebook** is a Chrome extension that replaces your Facebook news feed with an inspiring quote.
6. **Freedom** is an app for Mac that allows you to lock yourself away from the Internet so you can become more productive.
7. **StayFocusd** is a Chrome extension that restricts the amount of time you can spend on time-wasting websites.
8. **Forest** is a fun way to stay off your phone when you should be working. The app lets you plant a digital tree whenever you want to focus. The tree will then grow during the next 30 minutes, but if you leave the app, the tree will die. Stay committed and you’ll plant a forest.


