

Healthy Life Style Action Research Matrix
What do we know? What do we do?

		Individual		Individual's Environment	
Individual Information (Information at the individual's level.)	<p>Cell 1 <u>Current individual information</u></p> <p><i>This cell can include, but is not limited to, current:</i></p> <p>Height Weight Age BMI Vital statistics Body measurements Activity habits Medical history</p>	<p>Cell 3 <u>Individual performance and responses you'd like to see</u></p> <p><i>This cell can include long term and short-term goals for the individual. Goals should be set AFTER studying information gathered in CELL 2 and information in CELLS 4 and 5.</i></p> <p><i>Using the SMART goal technique would be beneficial to ensure that goals are specific, measurable, attainable, realistic and timely.</i></p>	<p>Cell 4 <u>Information about the individual's current environment</u></p> <p><i>This cell can include, but is not limited to, current:</i></p> <p>Eating habits Portion sizes Cooking/baking habits Family lifestyles Dining habits (eating out vs. eating at home) Available exercise equipment</p>	<p>Cell 6 <u>Individual's Environment you'd like to see</u></p> <p><i>This cell can include long term and short-term goals for the individual. Goals should be set AFTER studying information gathered in CELLS 1, 2, and 4.</i></p> <p><i>What environmental changes are necessary to obtain your individual goals in CELL 3?</i></p>	
	<p>Cell 2 <u>External information about healthy individuals</u></p> <p><i>What do reputable sources suggest for:</i></p> <p>Weight BMI Exercise/activity suggestions Daily calorie intake Daily fats, fiber, protein, vitamins, etc...</p>	<p>Cell 5 <u>External information to about healthy individual's environment</u></p> <p><i>What do reputable sources suggest for:</i></p> <p>Dining out – healthy choices ideas Home environment – what should be eliminated from your home to aid in healthy choices Effective exercise, exercise equipment, etc... Portion sizes Staples to stock in your kitchen Healthy exchanges for favorite/comfort foods Recipes ideas Electronic record keeping (apps, websites, etc...) Buddy systems</p>			

Source: Adapted from Calhoun, E. F. (1998). Action research matrix. St. Simons, GA: The Phoenix Alliance