

Open Your Class with this Tomorrow Boost

Directions: Examine the following apps and Internet platforms intended to assist you in creating and sticking to healthy goals. Choose one goal, which you would like to maintain for at least thirty days. Examine the following apps to determine which best meets your needs and is consistent with the goal you have set.

Overall 30 day Goal _____

Sub Goal _____

Sub Goal _____

Sub Goal _____

Circle which of the following resources you have selected to assist with your goal and explain why this platform or app seems to work with the goal you have selected.

Resources

Book Website: 117 apps to help you create good habits
<http://maxogles.com/exclusive>

Max Ogles Blog:
<http://www.maxogles.com>

Max Ogles Facebook:
<http://www/facebook.com/max.ogles>

Twitter
<http://www/twitter.com/maxogles>

Apps

If This Then That: An app that sends alerts to create triggers that promote desired behaviors.

<https://ifttt.com/recipes>

Gratitude Journal for iPhone: An app that can be used to reduce the impact of relative deprivation and improve self-esteem.

<http://getgratitude.co>

Mobile Flow: An app that limits the functionality of an iPhone to increase focus and creativity.

<http://www.themobileflow.com>

Stickk.com: An app that works on loss aversion by allowing having you donate money to a charity of your choosing if you do not reach your goal.

<http://www.stickk.com>

Coach.me: An app that can find someone who is an expert in the area in which you wish to improve who can provide support and expertise to you while you pursue a goal.

<http://www.coach.me>

Charity Miles: An app that donates money to a charity of your choice for each mile you run by accessing the GPS on your phone.

www.charitymiles.org

Evaluation

Each Day check in with yourself and see how progress is toward your goal. Rather than create goals in which you either fail or succeed, use a ranking system such as the one below.

How I did towards accomplishing my goal today:

-----1-----2-----3-----4-----5-----
not there yet making progress seeing improvement good Great!

While you might not find great success each day toward your goal, this does not mean total failure, continue to try again tomorrow.