

**What will I do?**



**How can I change?**



**Can I make it fun?**



**What should I eat?**

**My Action Plan Journal**



## Tips for Making Your Action Plan

Making an action plan can help you prevent or delay type 2 diabetes.

### REMEMBER:

- **Be realistic.** Plan actions that are realistic for you.
- **Make it doable.** Plan small changes. Over time, these changes will add up.
- **Be specific.** Plan your actions in detail. Decide:
  - ✓ What you will do
  - ✓ Where you will do it
  - ✓ When you will do it
  - ✓ How long you will do it
- **Be flexible.** Review your action plan often. Look for ways to cope with challenges. If your action plan isn't working for you, revise it.
- **Focus on behaviors.** For instance, you can control how many pounds you lose by focusing on your actions, such as what you eat and how active you are.
- **Make it enjoyable.** Change doesn't have to be painful. Find activities and healthy foods that you enjoy.







## Action Plan

Set a goal to work on between now and the next session. The goal should help you lower your risk of diabetes. Write three actions you will take to reach it. Then check off each action you complete.

Between now and the next session, my goal is to: _____		Today's date: _____
<b>Action 1: What I will do</b>		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		
<b>Action 2: What I will do</b>		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		
<b>Action 3: What I will do</b>		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		