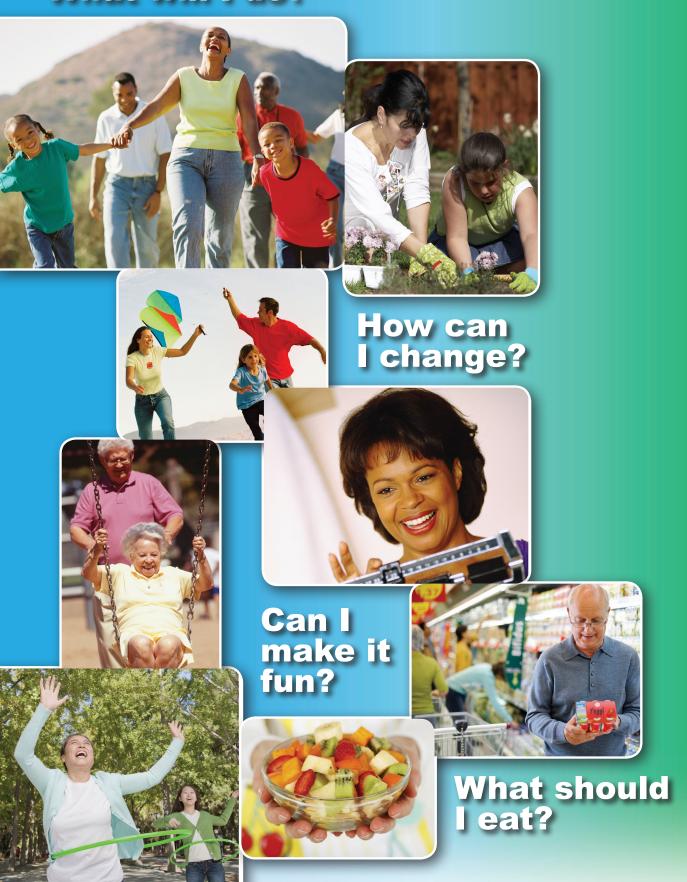
What will I do?









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.



My Action Plan Journal





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	
Action 1: What I will do	Done? □
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	
Action 2: What I will do	Done? □
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	
Action 3: What I will do	Done? □
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	

My Action Plan Journal