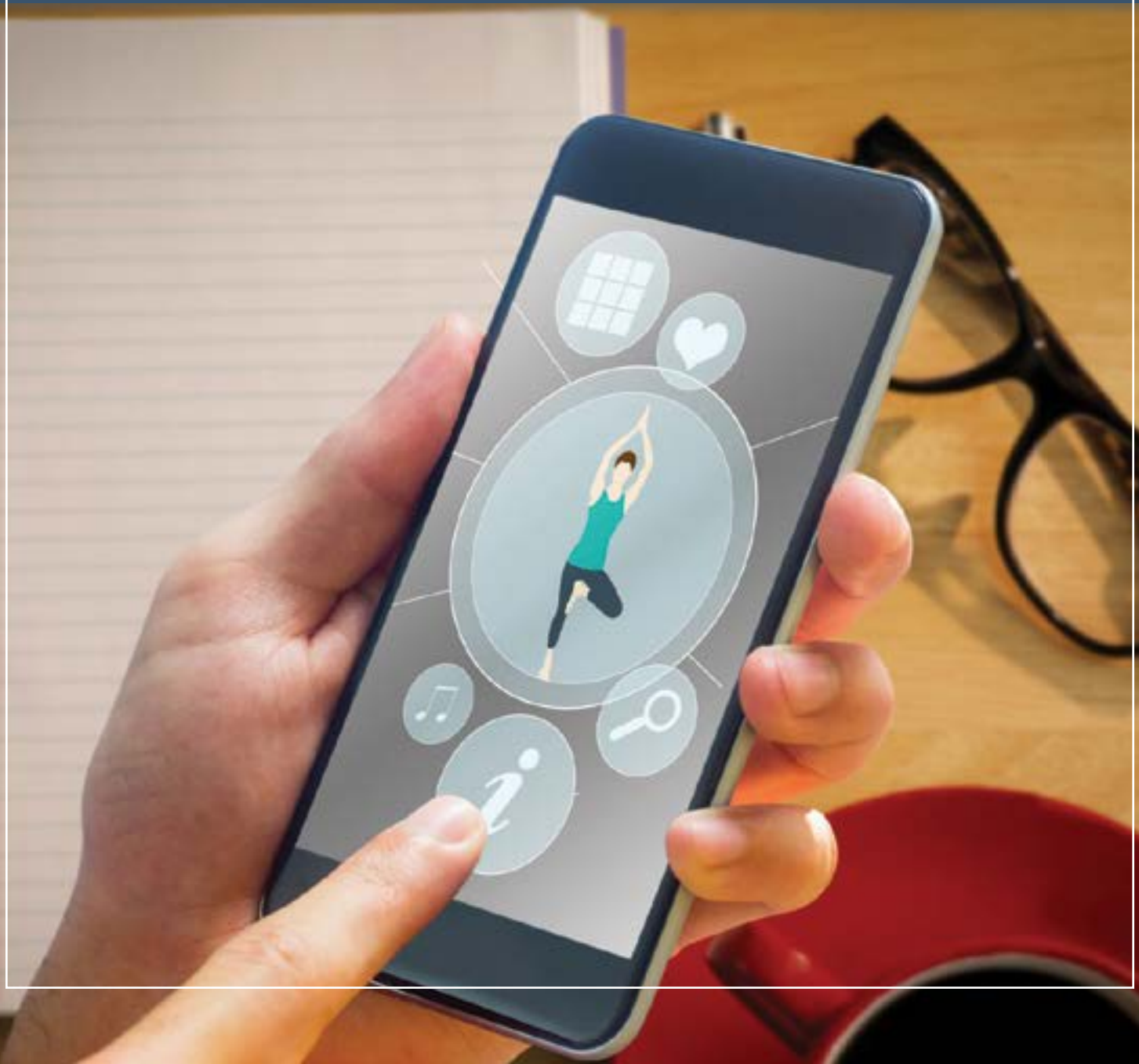




Module 3: Track Your Activity

Participant Guide





Tracking, or self-monitoring, can help you keep up with your physical activity goals. This module provides detailed instruction on how to track activity.

In this session, we will talk about:

- The purpose of tracking
- How to track your activity

You'll also get a chance to review different ways to track your food and give it a try.

You will also make a new action plan!

Tips:

- ✓ Use your Activity Log to track your minutes of activity each day.
- ✓ Show it to your coach at the start of each session.
- ✓ Track activity of at least a medium, or moderate, pace. That means you can talk through the activity, but you can't sing through it.
- ✓ Include everyday activities like sweeping the floor briskly or mowing the lawn.

Purpose of Tracking

Why Do We Track Activity?

What are some things you track?

We weigh ourselves to track our progress toward meeting our 6-month weight goal. And we track progress toward our 6-month activity goal—to get at least 150 minutes of activity each week.

Both goals (weight loss and activity) help you lower your risk of type 2 diabetes.

How To Track Your Activity

Practice Tracking

What are some ways to time your activity?

- Watch
- Clock
- Timer
- Fitness tracker
- Smart-phone app
- Computer app



Recording Your Activity

Besides using your Activity Log, what are some other ways to record your minutes of activity?

- Notebook
- Spreadsheet
- Fitness tracker
- Smartphone app
- Computer app
- Voice recording

Ultimately, you'll want to record your minutes in your Activity Log.





Chris's Story

Tracking is easy, but life's challenges can make it difficult to stay active and keep tracking.

Chris is experiencing some of life's challenges. They are preventing him from being as active as he would like.

Chris used to not have any trouble staying fit and being active. As his kids have gotten older, he spends more time watching them be active, instead of being active with them. Work has changed, too. Sitting behind a desk or in his car makes being active challenging. When he does walk during lunch or help out during the kids' soccer practice, he can never remember to record that activity. Most often, he just runs out of time before it's time for bed.

What advice do you have for Chris?

How to Overcome Challenges



Directions: It can be challenging to track your activity. Here are some common challenges and ways to overcome them. Work with your group to record additional challenges in the left column in “Add Your Own.” Then, brainstorm new ideas for overcoming these challenges in the “Ways to Overcome” column. Check off each idea you try in the future.

Challenge	Ways to Overcome
I'm too busy.	<ul style="list-style-type: none"><input type="checkbox"/> Make time to track.<input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
I have trouble reading and writing.	<ul style="list-style-type: none"><input type="checkbox"/> Record your voice with a smartphone or another device.<input type="checkbox"/> Ask your coach, friends, or family members to write your minutes on your Activity Log.<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
I keep forgetting.	<ul style="list-style-type: none"><input type="checkbox"/> Make tracking part of your daily routine.<input type="checkbox"/> Put a reminder on your phone or computer.<input type="checkbox"/> Set a timer.<input type="checkbox"/> Leave yourself notes where you'll see them.<input type="checkbox"/> Ask friends and family to remind you.<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

How to Overcome Challenges



Challenge	Ways to Overcome
I don't like to track.	<ul style="list-style-type: none"><input type="checkbox"/> Post your results on the wall or online.<input type="checkbox"/> Give yourself a small (non-food) reward for meeting your activity goals.<input type="checkbox"/> Compete with a friend. See who can do the most minutes of activity.<input type="checkbox"/> Try smartphone and computer apps.<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
ADD YOUR OWN.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
ADD YOUR OWN.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
ADD YOUR OWN.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

Plan for Success

Track Your Activity Module

This “Track Your Activity” module helps you identify daily activities that count toward your 150 minutes of activity each week. This module also helps you with challenges along the way.



PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Every minute matters.

Tracking your physical activity is the best way to be sure you hit your 150-minute goal each week. It helps you remember. It keeps you accountable. It's the best way to see how far you've come!

Are you making every minute count?

Let's find out!

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3