



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

**Track Your Activity**

## Track Your Activity

### Session Focus

Tracking, or self-monitoring, can help prevent or delay type 2 diabetes. This module provides detailed instruction on how to track activity.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify the purpose of tracking their activity
- ▶ Describe how to track their activity

## Materials Checklist

### You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

### Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Examples of ways to time activity. These might include watch, timer, and smart phone apps.**

## Things to Do

### Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

### As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it on their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

### After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

## Module Outline

### Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review .....Page 6 ..... 10 Min
- Objectives .....Page 7 .....2 Min
- Purpose of Tracking .....Page 8 ..... 10 Min
- How to Track Your Activity .....Page 9 .....23 Min
- Plan for Success.....Page 10 .....5 Min
- Summary and Closing .....Page 12 ..... 10 Min

# Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about tracking your activity to prevent or delay type 2 diabetes.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> What questions do you have about our last session?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

<b>Notes to Coach</b>	<b>Objectives (2 minutes)</b>
	<p>► <b>SAY:</b> Tracking your minutes of activity each day can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"><li>■ The purpose of tracking</li><li>■ How to track your activity</li></ul> <p>You'll also get a chance to practice tracking your activity. Finally, you will make a new action plan.</p>

Notes to Coach	Purpose of Tracking (10 minutes)
<p>Things to track include:</p> <ul style="list-style-type: none"> <li>■ My blood pressure, to make sure it doesn't get too high</li> <li>■ My checking account balance, to make sure I don't bounce a check</li> <li>■ My child's grades, to make sure she doesn't fall behind</li> <li>■ The amount of food in my fridge, to make sure I don't run out</li> <li>■ The amount of medicine in my bottle, to make sure I don't run out</li> <li>■ The gas in my car, to make sure I don't run out</li> <li>■ The laundry in my laundry basket, to make sure I do the wash in time</li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>SAY:</b> Let's start by talking about the purpose of tracking. You probably track many things in your life already.</li> <li>▶ <b>DISCUSS:</b> What are some things you track?</li> <li>▶ <b>ASK:</b> Why do you track these things? <b>ANSWER:</b> So that I can take needed actions to meet my goals.</li> <li>▶ <b>ASK:</b> So what do you think is the purpose of weighing yourself at the start of each session? <b>ANSWER:</b> It helps you work toward your six-month weight goal.</li> <li>▶ <b>ASK:</b> And what's the purpose of tracking your minutes of activity each day? <b>ANSWER:</b> It helps you work toward your six-month activity goal—to get at least 150 minutes of activity each week. The activity should be of at least a moderate pace.</li> <li>▶ <b>SAY:</b> And, of course, both of these goals (weight loss and activity) help you lower your risk of type 2 diabetes.</li> </ul>

Notes to Coach	How to Track Your Activity (23 minutes)
<p>.....</p> <p>Participants can hold on to a chair for support if they wish. If marching while standing is too hard for them, they can march while seated. Participants should use the Talk Test to make sure they're marching at a moderate pace or more.</p> <p>Ways to <u>time</u> your activity include:</p> <ul style="list-style-type: none"> <li>■ Watch</li> <li>■ Clock</li> <li>■ Timer</li> <li>■ Fitness tracker</li> <li>■ Smart phone apps</li> <li>■ Computer apps</li> </ul> <p>.....</p>	<p>.....</p> <p>▶ <b>SAY:</b> We've talked about <u>why</u> it's important to track your minutes of activity each day. Now we'll practice doing it. Let's march in place while we talk about how to track.</p> <p>.....</p> <p>✳ <b>ACTIVITY:</b> Practice Tracking</p> <p>↗ <b>DO:</b> March in place with participants. <b>Keep track of how long they march.</b></p> <p>▶ <b>ASK:</b> Tracking your minutes of activity has two steps. What do you think they are?</p> <p><b>ANSWER:</b></p> <ol style="list-style-type: none"> <li>1. Time your activity.</li> <li>2. Record your minutes of activity.</li> </ol> <p>💬 <b>DISCUSS:</b> What are some ways to <u>time</u> your activity?</p> <p>↗ <b>DO:</b> If you'd like, bring in some examples of ways to time their minutes of activity. Show participants how to use them.</p> <p>▶ <b>SAY:</b> Great marching everyone! You can stop now. You marched for ___ minutes. Let's write that in your Fitness Log.</p> <p>↗ <b>DO:</b> Review the Fitness Log briefly. Help participants record those minutes of activity.</p> <p>.....</p>

Notes to Coach	How to Track Your Activity
<p>Ways to <u>record</u> your activity include:</p> <ul style="list-style-type: none"> <li>■ Spiral notebook</li> <li>■ Spreadsheet</li> <li>■ Fitness tracker</li> <li>■ Smart phone apps</li> <li>■ Computer apps</li> <li>■ Voice recording</li> </ul>	<p> <b>DISCUSS:</b> Besides using your Fitness Log, what are some other ways to <u>record</u> your minutes of activity?</p> <p>► <b>SAY:</b> Ultimately, though, you'll want to record your minutes in your Fitness Log. You'll show me this log at each session.</p>
	<p><b>Plan for Success (5 minutes)</b></p>
	<p>► <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about tracking your activity.</p>

Notes to Coach	Plan for Success
	<p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"><li>■ Realistic</li><li>■ Doable</li><li>■ Specific</li><li>■ Flexible</li></ul> <p>Try to do just a little more than last time. Remember to focus on behaviors. And try to have fun!</p> <p>↗ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (10 minutes)
<p>This discussion is optional.</p>	<p>► <b>SAY:</b> Please look at your Fitness Log again. You'll use it each day to track your minutes of activity.</p> <p>Remember: Track activity of at least a moderate pace—activity that you can talk through, but not sing through. And make sure to include everyday activities, like sweeping the floor briskly and mowing the lawn.</p> <p>There may be some days when you write down zero minutes, and that's OK. The key thing is to track <u>every</u> day for the rest of this program. You'll show me your Fitness Log at the start of each session.</p> <p>↗ <b>DO:</b> Answer questions as needed.</p> <p>► <b>SAY:</b> Let's turn to the handouts that go with this module. Between now and the next session, please read "How to Track Your Activity" on page 3.</p> <p>Now let's look at "How to Cope With Challenges" on page 4. It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.</p> <p>💬 <b>DISCUSS:</b> What might you find challenging about tracking your activity? How will you work around these challenges?</p> <p>► <b>SAY:</b> We have come to the end of our meeting. Today we discussed how tracking your minutes of activity each day can help you prevent or delay type 2 diabetes.</p>

## Notes to Coach



### Things to Try at Home:

- Fitness Log
- How to Track Your Activity
- How to Cope With Challenges
- Action Plan

## Summary and Closing

We talked about:

- The purpose of tracking
- How to track your activity

You also got a chance to practice tracking your activity.

 **DISCUSS:** Do you have questions about anything we talked about today?

► **SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.

**Meeting adjourned.**