

Making a Plan Worksheet

If you're ready to make a change, these questions can help you make a plan. Use your plan to help you reach your goal, step by step.

Print these questions so you can write down your answers. If you have diabetes, share your plan with your health care team.

What's hardest about caring for my diabetes?

Example: I don't have the time to do what I need to do, such as exercising. I often feel guilty.

Why is this important to me?

Example: I know that exercise can help me lose some weight.

Why haven't I made this change before?

Example: I don't have time to exercise.

How can I work around what gets in the way?

Example: I can try to find some time in my day to get out for a walk.

What's my goal?

Example: I want to see if I can work up to getting 30 minutes of walking in a day, at least 5 days out of the week.

What's my plan to get started to reach my goal? What will I do, and when will I do it?:

Example: I'll start by walking for ten minutes at lunch time.

What do I need to get ready?:

Example: I need to take walking shoes to work. I also need to choose a good time to walk and put it on my calendar.

What might get in the way of making this change?

Example: Being too busy. Also, in bad weather, I won't want to walk outside. I can walk inside instead.

How will I know if my plan is working?

Example: It might take a little time before I see any weight loss, but I might enjoy my walks and find that I have more energy. I can also check my blood glucose before and after my walk to see if it improves.

How will I reward myself?:

Example: If I stick with my plans this week, I'll watch a movie.

Remember:

- ▶ You can make a plan that works for you.
- ▶ Make changes one at a time.
- ▶ Ask for support from family, friends, and your health care team.
- ▶ Celebrate your hard work!

Adapted from the American Diabetes Association's Channel Series: A Guide to Changing Habits.