

FOR COACHES

Use this worksheet to help you plan when to send each link. The schedule below shows which modules correspond to each session topic. If you teach the PreventT2 curriculum in a different order, or are using a different curriculum, send the module that corresponds to the session topic you are teaching that week. You may want to set up calendar reminders to yourself after you decide when to send each module. You can use or adapt the following messages or create your own.

Learn more about the Personal Success Tool in the Lifestyle Coach’s User Guide available at <https://www.cdc.gov/diabetes/prevention/resources/personal-success-tool-pst.html>.

PLEASE SEND THE LINK TO EACH MODULE **AFTER** TEACHING THE CORRESPONDING SESSION.

Personal Success Tool Quick Reference Guide

Session Topic	Module Content	Optional Messages and Module Link to Text/Email to Participants
<p>Introduction to the Program <i>(Session 1 in PreventT2)</i></p> <p>Session date:</p> <hr/> <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Information about the LCP tailored to participants’ age Testimonial videos A pledge participants can tailor and sign 	<p>Welcome again! I look forward to starting this journey with you. Stay motivated on your own time by checking out the Personal Success Tool (PST) online modules I’ll send you. This week’s session helps you succeed in a way that fits your age, offers videos from participants like you, and helps you create a pledge to commit to your goals.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week1-quiz.html</p>
<p>Get Active <i>(Session 2 in PreventT2)</i></p> <p>Session date:</p> <hr/> <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Quiz to reinforce content from the session Suggested physical activities, tailored to participant goals and preferences 	<p>This week’s online session with the Personal Success Tool (PST) is all about improving your quality of life by getting active. Think about how physically active you are right now. Find an activity that’s right for you and make a plan for when things get in the way.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html</p>
<p>Track Your Activity <i>(Session 3 in PreventT2)</i></p> <p>Session date:</p> <hr/> <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Concrete steps to track physical activity Everyday activities to meet weekly 150-minute goal 	<p>This week’s PST session helps you hit your physical activity goal of 150 minutes a week. Track your activity, remove obstacles, and learn what you’re already doing that counts as physical activity.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week3-quiz.html</p>



Need help with sending the links by text message? You can email the message and link to yourself and then open your email on your phone. Copy the message from your email and paste the message into a text message. Be sure to send one to each participant and not in a group chat to protect your participants’ privacy.



Personal Success Tool Quick Reference Guide (continued)

Session Topic	Module Content	Optional Messages and Module Link to Text/Email to Participants
Eat Well <i>(Session 4 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Concrete steps to track physical activity Everyday activities to meet weekly 150-minute goal 	Let's look at what's on your plate—each healthy choice you make brings you one step closer to your goal. This PST module helps you examine how your thoughts and preferences impact your choices, and offers quick tips to make favorite recipes a little healthier (yes, you can still enjoy pizza!). www.cdc.gov/diabetes/programs/preventt2/week4-quiz.html
Track Your Food <i>(Session 5 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Rationale for keeping a food log to double weight loss Tool to choose a personalized way to improve food tracking 	Keeping a food log can double your weight loss. Now that you know how to eat healthy, let's track your food to make each meal count. Walk through this PST module to learn ways to track and keep yourself ahead of the game. https://www.cdc.gov/diabetes/programs/preventt2/week5-quiz.html
Second Pledge <i>(Sent after week 9)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> A renewed pledge to update, print, and sign 	Renewing your pledge can reconnect to your goal. What's been working well? What's been holding you back? What else do you want to work on? Go through this quick module and redefine your success. https://www.cdc.gov/diabetes/programs/preventt2/pledge2.html
Get Support <i>(Session 14 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Suggestions for how to find social support for positive changes A Support Action Plan the participant can tailor and print 	Make sure small steps become true lifestyle changes, by building a strong support network. Use this week's PST module to identify where you need support, and who you can count on to encourage you. Don't be afraid to reach out to someone when you need a nudge! www.cdc.gov/diabetes/programs/preventt2/week14-quiz.html
Stay Motivated to Prevent T2 <i>(Session 16 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Tailored suggestions for steps to stay motivated Ideas for beating self-defeating thoughts 	What motivates you the most? Use this PST module to think about what you're doing well, and how you benefit from healthy habits. Once you really focus on what motivates you, you can set additional goals to be even more successful. www.cdc.gov/diabetes/programs/preventt2/week16-quiz.html
Third Pledge <i>(Sent after week 16)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> A renewed pledge to update, print, and sign 	Renewing your pledge can reconnect to your goal. What's been working well? What's been holding you back? What else do you want to work on? Go through this quick module and redefine your success. www.cdc.gov/diabetes/programs/preventt2/pledge3.html
Four weeks after the last core session Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Habits of people who reach their goals Reminders for tracking and seeking support Encouragement to keep going 	You already know that staying on track is the key to success. Stay consistent by creating and maintaining healthy habits, so healthy decisions just become your way of life. Explore this PST module to learn how you can make healthy lifestyle changes for long term success! www.cdc.gov/diabetes/programs/preventt2/week20-quiz.html

Thank you for taking the time and effort to make this tool available and for helping participants see its value in reaching their goals!