



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

### Stay Motivated to Prevent T2

**This module should be done at the six-month mark.**



## 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
- Group and individual reports based on the most recent figures you have for each participant (ideally from the previous session)**
- Objects that show how many pounds the group (collectively) has lost so far (weights, bags of flour, cans of food, or sticks of butter)**
- Camera**

## 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 in 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
- Look How Far You’ve Come! .....Page 7 .....20 Min
- Our Next Steps.....Page 11 ..... 10 Min
- Your Goals for the Next Six Months .....Page 12 .....8 Min
- Plan for Success .....Page 13 .....5 Min
- Summary and Closing .....Page 14 .....5 Min

















Notes to Coach	Plan for Success (5 minutes)
	<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 staying motivated.</p> <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>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 (5 minutes)
	<p>▶ <b>SAY:</b> Between now and the next session, please complete “Celebrate Your Success” on page 5. Write your ideas in the column that says “Other Ways to Celebrate.” Check off each idea you try.</p> <p>I’d also like you to complete “How to Cope With Challenges” on pages 6 and 7. Write your ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p>↗ <b>DO:</b> Answer questions as needed.</p> <p>▶ <b>SAY:</b> We have come to the end of our meeting. Today, we discussed staying motivated over the next six months. We talked about:</p> <ul style="list-style-type: none"> <li>■ How far you’ve come since you started this program</li> <li>■ Our next steps</li> <li>■ Your goals for the next six months</li> </ul>

