



# Lifestyle Coach Training Guide

**Get Back on Track**

## Get Back on Track

### Session Focus

Getting back on track with your eating and fitness goals can help prevent or delay type 2 diabetes. This module teaches participants what to do when they get off track.

### Participant Learning Objectives

By the end of the session, participants will explain how to get back on track with their eating and fitness goals and prevent similar lapses in the future by:

- ▶ Staying positive
- ▶ Following the five steps of problem solving

## 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

## 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
- Everyone Makes Mistakes ..... Page 7 ..... 2 Min
- Stay Positive ..... Page 8 ..... 5 Min
- Describe Your Problems ..... Page 9 ..... 5 Min
- Come Up with Options. .... Page 10 ..... 10 Min
- Choose the Best Options ..... Page 12 ..... 4 Min
- Make an Action Plan ..... Page 12 ..... 10 Min
- Try It..... Page 13 ..... 2 Min
- Plan for Success..... Page 14 ..... 5 Min
- Summary and Closing ..... Page 15 ..... 5 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 getting back on track with your eating and fitness goals.</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> Does anyone have any questions for me about what we talked about last time?</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>


Notes to Coach	Objectives (2 minutes)
	<p>► <b>SAY:</b> It's normal to get off track with your eating and fitness goals from time to time. Today, we will talk about how to get back on track and prevent similar lapses in the future by:</p> <ul style="list-style-type: none"> <li>■ Staying positive</li> <li>■ Using the five steps of problem solving</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Everyone Makes Mistakes</b> (2 minutes)</p> <p>► <b>SAY:</b> You've been doing a great job staying on track with your eating and fitness goals. But there may be times when you fall short of your goals for a week or two. This is called a lapse, and it's very normal.</p> <p>Let's look at an example. Please turn to "Kofi's Story" on page 3 of this module's handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the story.</p>

Notes to Coach	Stay Positive (5 minutes)
<p>Positive thoughts include:</p> <ul style="list-style-type: none"> <li>■ “I’ve made so much progress.”</li> <li>■ “Yes, I made a mistake. But I’m not likely to gain more than a few pounds from it.”</li> <li>■ “My family and friends will help me.”</li> </ul>  <p>5 Steps of Problem Solving</p> <ol style="list-style-type: none"> <li>1. Describe your problems.</li> <li>2. Come up with options.</li> <li>3. Choose the best options.</li> <li>4. Make an action plan.</li> <li>5. Try it.</li> </ol>	<p>► <b>ASK:</b> What does Kofi do instead of giving up?</p> <p><b>ANSWER:</b> He decides to take action to get back on track and prevent similar lapses in the future. He stays positive. And he uses the five steps of problem solving.</p> <p> <b>DISCUSS:</b> What are some positive thoughts that Kofi could think?</p> <p>► <b>SAY:</b> The next step is to <u>solve problems</u>. Problem solving has five steps:</p> <ol style="list-style-type: none"> <li>1. Describe your problems.</li> <li>2. Come up with options.</li> <li>3. Choose the best options.</li> <li>4. Make an action plan.</li> <li>5. Try it.</li> </ol> <p>We’ll go through each step in turn.</p>



Notes to Coach	Describe Your Problems (5 minutes)
 <p><b>Problem 1:</b> He doesn't have a healthy lunch each day.</p> <p><b>Problem 2:</b> He doesn't get enough activity each day.</p>	<p>► <b>SAY:</b> First of all, clearly describe your problems. And try to figure out what caused them.</p> <p>► <b>ASK:</b> What are Kofi's problems? What do you think is causing them?</p> <p><b>ANSWER:</b></p> <p><b>Problem 1:</b> He doesn't have a healthy lunch each day.</p> <p><b>Cause:</b> Kofi is worried about losing his job, so he comes to work early. That means he doesn't have time to pack his lunch in the morning. So he gets a candy bar from the vending machine instead of having a healthy lunch.</p> <p><b>Problem 2:</b> He doesn't get enough activity each day.</p> <p><b>Cause:</b> Kofi is worried about losing his job. So he sits at his desk and works through lunch. As a result, he doesn't take his usual lunchtime walk. So he doesn't get enough activity each day.</p>

Notes to Coach	Come Up with Options (10 minutes)
<p>Better ways to deal with his <u>worries</u> include:</p> <ul style="list-style-type: none"> <li>■ Ask his boss if his job is really in danger. He may be worrying for no reason.</li> <li>■ Ask his boss what he can do to protect his job instead of coming in early and working through lunch.</li> </ul> <p>To make sure he <u>eats a healthy lunch</u> each day, Kofi could:</p> <ul style="list-style-type: none"> <li>■ Pack his lunch the night before, or on the weekend</li> <li>■ Keep a stash of healthy snacks at work</li> <li>■ Ask a friend or family member to pack his lunch for him</li> <li>■ Shop for items that he can pack quickly, such as fruit and yogurt</li> </ul>	<p>► <b>SAY:</b> Once you've described your problems, the next step is to come up with options for solving them.</p> <p>Both of Kofi's problems have the same root cause.</p> <p>► <b>ASK:</b> What is the root cause of his problems?</p> <p><b>ANSWER:</b> He's worried about losing his job.</p> <p>🗨️ <b>DISCUSS:</b> What are some <u>better ways</u> for Kofi to deal with his <u>worries</u>, instead of coming in early and working through lunch?</p> <p>Let's say Kofi keeps coming in early and doesn't have time to pack his lunch in the morning. How could he make sure he <u>eats a healthy lunch</u> each day?</p>

Notes to Coach	Come Up with Options
<p>To make sure he <u>gets enough activity</u> each day, Kofi could:</p> <ul style="list-style-type: none"><li>■ Take the stairs instead of the elevator</li><li>■ Ride his bike to work</li><li>■ Park in a distant part of the lot</li></ul> <p>To learn more about healthy shopping and cooking, see the <i>Shop and Cook to Prevent T2</i> handouts. To learn more about finding time to be active, see the <i>Find Time for Fitness</i> handouts.</p>	<p> <b>DISCUSS:</b> Let's say Kofi keeps working through lunch. How could he make sure he <u>gets enough activity</u> each day?</p>

<p><b>Notes to Coach</b></p>	<p><b>Choose the Best Options (4 minutes)</b></p>
	<p>► <b>SAY:</b> Once you’ve come up with options to solve your problems, the next step is to choose the best ones.</p> <p>We brainstormed lots of great options for Kofi. We’ll focus on Problem 1: He doesn’t have a healthy lunch each day. Let’s help Kofi choose the best <u>three</u> options to solve that problem.</p> <p>↗ <b>DO:</b> Work together to choose the best <u>three</u> options for Problem 1. If the group has trouble agreeing, take a vote.</p>
	<p><b>Make an Action Plan (10 minutes)</b></p>
	<p>► <b>SAY:</b> Once you’ve chosen the best options to solve your problems, the next step is to make an action plan to put those choices into practice.</p> <p>This is something you’ve been doing since you started Prevent T2, so I’m sure you’re very good at it by now.</p> <p>Please turn to your Action Plan Journal. Take out one of your blank action plan pages. We’ll use it to make Kofi an action plan to solve Problem 1.</p> <p>► <b>ASK:</b> What is Kofi’s goal?</p> <p><b>ANSWER:</b> To eat a healthy lunch each day</p>

Notes to Coach	Make an Action Plan
	<p>► <b>SAY:</b> Please write “eat a healthy lunch each day” next to “Between now and the next session, my goal is to ___.”</p> <p>Now let’s write the three options we chose for Kofi by Action 1, Action 2, and Action 3.</p> <p>↪ <b>DO:</b> Work together to fill in the rest of the action plan (where, when, how long, challenges, ways to cope).</p>
	<p><b>Try It</b> (2 minutes)</p>
	<p>► <b>SAY:</b> Once you’ve made an action plan, the next step is to give it a try.</p> <p>Kofi tries out his action plan, and it works! He now manages to eat a healthy lunch and get enough activity each day.</p> <p>Kofi is proud of himself for getting back on track with his eating and activity goals. And he’s already lost the two pounds he put on.</p> <p>Plus, things are going better at work. He’s no longer worried about losing his job.</p>

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 getting back on track.</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)
<div data-bbox="159 1201 240 1291" data-label="Image"> </div> <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ Kofi Uses the 5 Steps of Problem Solving</li> <li>■ Get Back on Track</li> <li>■ Action Plan</li> </ul>	<p>► <b>SAY:</b> Between now and our next session, I'd like you to read "Kofi Uses the 5 Steps of Problem Solving" on pages 4 and 5.</p> <p>I'd also like you to complete "Get Back on Track" on page 6. Please think about issues that have caused—or may cause—you to get off track with your eating and fitness goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.</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 talked about how to get back on track with your eating and fitness goals and prevent similar lapses in the future by:</p> <ul style="list-style-type: none"> <li>■ Staying positive</li> <li>■ Using the five steps of problem solving</li> </ul> <p>💬 <b>DISCUSS:</b> Do you have questions about anything we talked about today?</p> <p>► <b>SAY:</b> Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p><b>Meeting adjourned.</b></p>