



# Participant Guide

Stay Motivated to Prevent T2



## Session Focus

Staying motivated over the next six months can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- How far you've come since you started this program
- Our next steps
- Your goals for the next six months

### You will also make a new action plan!



#### Tips:

- ✓ Try new and fun ways to eat right and be active.
- ✓ Celebrate your successes.





## Marie's Story

Marie is at risk for type 2 diabetes. So she decides to eat right and get active.

Marie works hard and sticks to her plan. As a result, she reaches her weight goal. She also reaches her activity goal.

Strangely enough, once she reaches her goals, Marie doesn't feel quite as motivated. She starts sliding back to her old habits.

Marie decides to take action. She thinks about how far she's come. She sets a new weight goal. And she commits to her healthy lifestyle all over again. She even gets her husband to join her.

Today, Marie is back to feeling motivated. She plans to live a long and healthy life.





## Your Goals for the Next Six Months

### Activity Goal

In the next six months, I will get at least 150 minutes of activity each week at a moderate pace or more.

### Weight Goal

I weigh _____ pounds.	
<b>In the next six months, I will:</b>	
<input type="checkbox"/> Lose weight	I will reach _____ pounds.
<input type="checkbox"/> Maintain my weight	I will stay at _____ pounds.



## Celebrate Your Success

Celebrating your success can help you stay motivated. Here are some healthy ways to celebrate. Write your own ideas in the column that says “Other Ways to Celebrate.” Check off each idea you try.

Ways to Celebrate	Other Ways to Celebrate
<input type="checkbox"/> Blog about your success.	<input type="checkbox"/> _____
<input type="checkbox"/> Give yourself a small, non-food reward for reaching each goal.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Make a graph of your progress over time (weight, steps per day, clothing size).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Post “then and now” photos of yourself.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Share your success on social media.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Thank friends, family, and coworkers who support you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Try on your “before” clothes.	<input type="checkbox"/> _____
<input type="checkbox"/> Start a success journal.	<input type="checkbox"/> _____
<input type="checkbox"/> Support someone else.	<input type="checkbox"/> _____



## How to Cope With Challenges

It can be challenging to stay motivated. Here are 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.

Challenge	Ways to Cope	Other Ways to Cope
I'm bored.	<input type="checkbox"/> Set new goals for yourself. <input type="checkbox"/> Take part in a friendly competition. <input type="checkbox"/> Try a fitness app. <input type="checkbox"/> Try new recipes and physical activities. <input type="checkbox"/> Work out while you talk on the phone. <input type="checkbox"/> Work out while you watch TV or videos. <input type="checkbox"/> Work out with a friend or family member.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
This group meets less often than it used to.	<input type="checkbox"/> Find other ways to get support. <input type="checkbox"/> Go to all the sessions that are left.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I've lost a lot of weight or reached my weight goal.	<input type="checkbox"/> Remind yourself of the other benefits of eating right and being active. <input type="checkbox"/> Set a new weight goal. <input type="checkbox"/> Set other goals besides weight loss.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## How to Cope With Challenges

Challenge	Ways to Cope	Other Ways to Cope
<p><b>I've gotten off track.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stay positive.</li> <li><input type="checkbox"/> Follow the five steps of problem solving:                             <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> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>My weight loss has slowed down.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Build muscle.</li> <li><input type="checkbox"/> Burn more calories.</li> <li><input type="checkbox"/> Take in fewer calories.</li> <li><input type="checkbox"/> Track what you eat and drink.</li> <li><input type="checkbox"/> Track your activity.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>I've made less progress than I expected to.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Celebrate your successes.</li> <li><input type="checkbox"/> Look at how far you've come.</li> <li><input type="checkbox"/> Make a new action plan.</li> <li><input type="checkbox"/> Make sure you are tracking the right way.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>