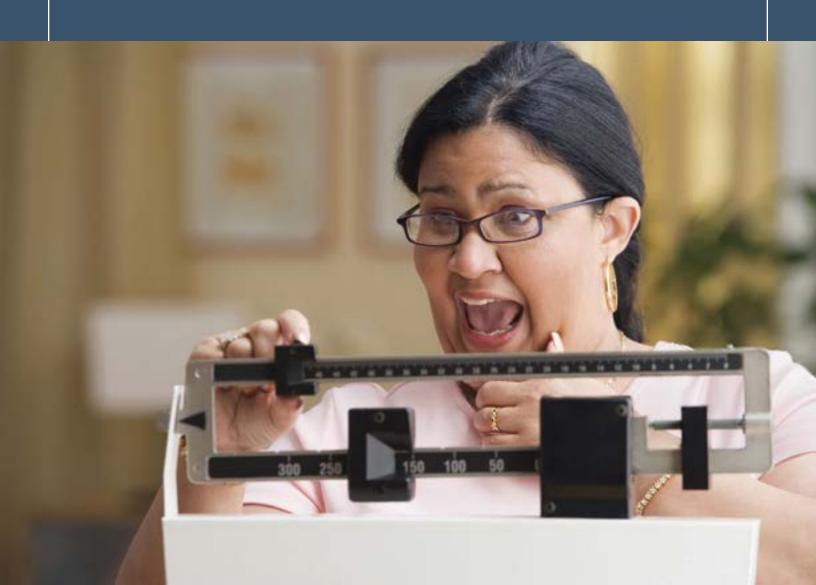


Module 16: Stay Motivated To Prevent Type 2

Participant Guide



Session Focus



Staying motivated over the next 6 months can help you stick to your healthy habits to prevent or delay type 2 diabetes.

In this session, we will talk about:

- How far you've come since you started this program
- Our group's next steps
- Individual goals for the next 6 months



You will also make a new action plan!

Tips:

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



Your Goals for the Next 6 Months

Marie's Story

Marie is at risk for type 2 diabetes and started the lifestyle change program to make a change. She decided the new version of herself would eat right and get active.

Marie has been working hard to try some new routines and make progress toward her goals. As a result, she reached her weight and activity goals. Strangely enough, now that she's reached her goals. Marie doesn't feel guite as motivated. She starts sliding back into her old habits.

Marie decides to take action by updating that new version of herself she knows is possible. She also wants to show her husband what is possible and bring him along on this journey. Her plan now is to create new routines they can enjoy in order to make healthy decisions together.



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





Your Goals for the Next 6 Months

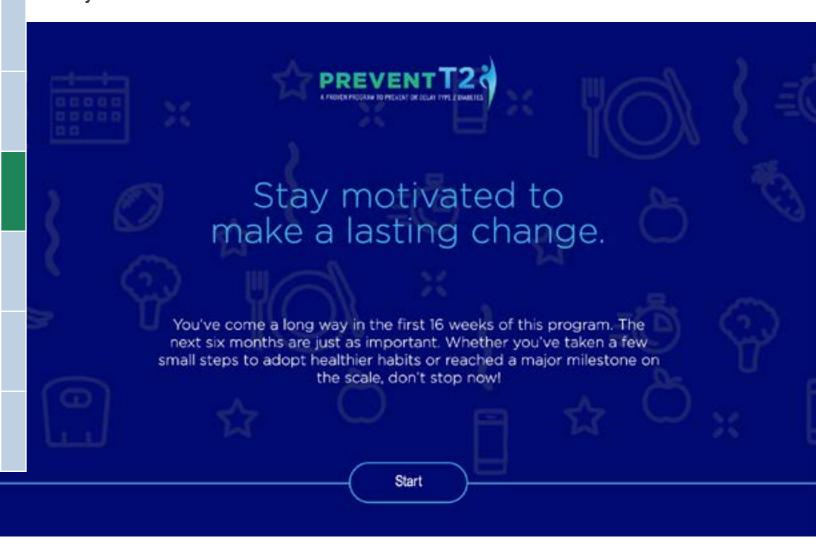
Individual Goals for the Next 6 Months				
Here are my new and revised personal goals for the next 6 months in the PreventT2 program:				
activity Goal				
n the next 6 months, I will get at least 150 minutes of activity each week at a moderate pace or nore. Ideally, that's 30 minutes of activity 5 days a week.				
Veight Goal				
weigh pounds.				
n the next 6 months, I will: Lose weight. I will reach pounds. Maintain my weight. I will stay at pounds.				

Plan for Success

Stay Motivated Module and Personalized Pledge

This "Stay Motivated" module includes steps to stay motivated and ideas for beating selfdefeating thoughts. You can create a new personalized pledge to stay committed to your goals.

Stay Motivated Module



www.cdc.gov/diabetes/programs/preventt2/guiz.html?week=16

Plan for Success

Personalized Pledge



www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3

Celebrate Your Success

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



Ways To Celebrate	Other Ways To Celebrate
☐ Blog about your success.	
☐ Give yourself a small, non-food reward for reaching each goal.	
■ Make a graph of your progress over time (weight, steps per day, clothing size).	
☐ Post "then and now" photos of yourself.	
☐ Share your success on social media.	
☐ Thank friends, family, and coworkers who support you.	
☐ Try on your "before" clothes.	
☐ Start a success journal.	
☐ Support someone else.	
☐ Give your goals a one-day break.	
■ Write down your success and put it where you can see it every day.	
☐ Cheer for yourself.	
Do something you enjoy but rarely have time to do.	
Write your success story to share in a newsletter or email to clients and colleagues.	
☐ Treat yourself to a day of rest and relaxation.	

How To Stay Motivated

It can be challenging to stay motivated. Here are some common challenges, and ways to work through them. Write your own ideas in the "Other Ways To Stay Motivated" column. Check off each idea you try.



Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated	
I'm bored.	'm bored.		
	Take part in a friendly competition.		
	☐ Try a physical activity app.		
	Try new recipes and physical activities.		
	Work out while you talk on the phone.		
	Work out while you watch TV or videos.Work out with a friend or family member.		
This group meets less often than it used to.	☐ Find other ways to get support.		
	Go to all the sessions that are left.		

How To Stay Motivated

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated	
I've lost a lot of	weight or reached other benefits of eating		
my weight goal.		right and being active.	
I've gotten off track.	ck. Stay positive.		
☐ Follow the five steps of problem solving:			
	Describe your problems.		
	Come up with options.Choose the best options.		
	Make an action plan.		
	• Try it.		

How To Stay Motivated

Ways To Stay Motivated	Other Ways To Stay Motivated
y weight loss has owed down. □ Burn more calories. □ Take in fewer calories. □ Track what you eat and drink. □ Track your activity.	
☐ Celebrate your successes.	
Look at how far you've come.	
Make a new action plan.Make sure you are tracking the right way.	
	 □ Build muscle. □ Burn more calories. □ Take in fewer calories. □ Track what you eat and drink. □ Track your activity. □ Celebrate your successes. □ Look at how far you've come. □ Make a new action plan. □ Make sure you are tracking