



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 quite 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

In the next 6 months, I will get at least 150 minutes of activity each week at a moderate pace or more. Ideally, that's 30 minutes of activity 5 days a week.

Weight Goal

I weigh _____ pounds.

In 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 self-defeating thoughts. You can create a new personalized pledge to stay committed to your goals.

Stay Motivated Module



Stay motivated to
make a lasting change.

You've come a long way in the first 16 weeks of this program. The next six months are just as important. Whether you've taken a few small steps to adopt healthier habits or reached a major milestone on the scale, don't stop now!

Start

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

Plan for Success

Personalized Pledge



Commit to action. Pledge to change.
Prevent type 2 diabetes.

As you get ready to switch from weekly to monthly meetings with your lifestyle change program, it's time to stop and reflect. How will you stay on track toward your goals? Take the step now to recommit to the program and to adopting lifelong healthy habits.

Let's go!

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
<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"/> Make a graph of your progress over time (weight, steps per day, clothing size).	<input type="checkbox"/>
<input type="checkbox"/> Post “then and now” photos of yourself.	<input type="checkbox"/>
<input type="checkbox"/> Share your success on social media.	<input type="checkbox"/>
<input type="checkbox"/> Thank friends, family, and coworkers who support you.	<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"/>
<input type="checkbox"/> Give your goals a one-day break.	<input type="checkbox"/>
<input type="checkbox"/> Write down your success and put it where you can see it every day.	<input type="checkbox"/>
<input type="checkbox"/> Cheer for yourself.	<input type="checkbox"/>
<input type="checkbox"/> Do something you enjoy but rarely have time to do.	<input type="checkbox"/>
<input type="checkbox"/> Write your success story to share in a newsletter or email to clients and colleagues.	<input type="checkbox"/>
<input type="checkbox"/> Treat yourself to a day of rest and relaxation.	<input type="checkbox"/>

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.	<ul style="list-style-type: none"> <input type="checkbox"/> Set new goals for yourself. <input type="checkbox"/> Take part in a friendly competition. <input type="checkbox"/> Try a physical activity 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. 	<ul style="list-style-type: none"> <input type="checkbox"/> <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.	<ul style="list-style-type: none"> <input type="checkbox"/> Find other ways to get support. <input type="checkbox"/> Go to all the sessions that are left. 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

How To Stay Motivated

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
<p>I've lost a lot of weight or reached my weight goal.</p>	<ul style="list-style-type: none"> <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. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
<p>I've gotten off track.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Stay positive. <input type="checkbox"/> Follow the five steps of problem solving: <ul style="list-style-type: none"> • Describe your problems. • Come up with options. • Choose the best options. • Make an action plan. • Try it. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>

How To Stay Motivated

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
<p>My weight loss has slowed down.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Build muscle. <input type="checkbox"/> Burn more calories. <input type="checkbox"/> Take in fewer calories. <input type="checkbox"/> Track what you eat and drink. <input type="checkbox"/> Track your activity. 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>I've made less progress than I expected to.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Celebrate your successes. <input type="checkbox"/> Look at how far you've come. <input type="checkbox"/> Make a new action plan. <input type="checkbox"/> Make sure you are tracking the right way. 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>