

What could interfere with my plan?

Your desire to follow a meal plan is a good decision. It is important to think about what kind of problems might come up. That way, you can think about how to deal with them.

Name one possible problem:

What can you do to prevent it from happening? _____

Whom do you need for support?

How can this person help you?



How can I make healthy eating a way of life?

Choose one or write in your own idea.

Bring food into the house that fits into my meal plan.

Involve my family in eating healthy meals with me.

Changing eating habits is not easy. But you can do it, one step at a time.



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Preparing to use a meal plan

Stage of change Preparation

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This pamphlet is for you if you are ready to use a meal plan to improve your blood sugar levels.

What is my goal?

Here are some changes to consider. Choose one and write what you want to do in the space below it.

I will eat on a regular schedule.

When will you eat? _____

I will make healthy choices.

How? _____

I will reduce my portion sizes.

For which foods? _____

Other: _____

When will you begin? _____

What days of the week will you do it?

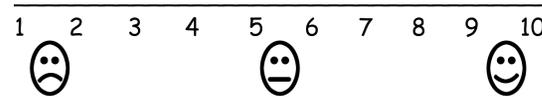
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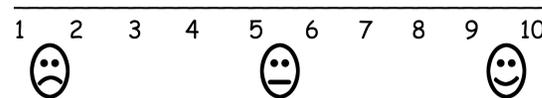
Is this the right goal for me?

To know if it is the right goal for you, answer the following questions.

How important is this goal to me?



How confident am I that I can meet this goal?



Did you choose a number less than seven? If so, you need to think about the goal you chose. Is it small, doable, and realistic? If not, set another one.



What motivates me?

You have made an important decision. Let's look at why you made this decision. Check any that apply and/or add your own.

- I want to feel better.
- I want to have more energy.
- I want to have better-controlled blood sugar levels.
- I want to lose weight.
- _____