

Diabetes Watchers  
Weekly Action Plan  
(Fill out and return on Thursday)

This week I will \_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how often)

Example: I will walk (what) around the block (how much) before lunch (when) three times (how often.)

Check off when you did it and comment.

\_\_\_ Monday \_\_\_\_\_  
\_\_\_ Tuesday \_\_\_\_\_  
\_\_\_ Wednesday \_\_\_\_\_  
\_\_\_ Thursday \_\_\_\_\_  
\_\_\_ Friday \_\_\_\_\_  
\_\_\_ Saturday \_\_\_\_\_  
\_\_\_ Sunday \_\_\_\_\_

What got in your way of the action plan? \_\_\_\_\_  
\_\_\_\_\_

What are some solutions to this problem? \_\_\_\_\_  
\_\_\_\_\_