

Behavior Change Goals

Making a behavior change is one of the best outcomes of diabetes education. You may have several changes to make, and it isn't likely you can make all of these changes at once.

What is important is to get started with changes you think you can manage now. Other changes will come easier once you have had success with your first goal.

Behavior goals (circle one):

1. Being more active.
2. Changing eating habits.
3. Testing blood glucose.
4. Taking medicines.
5. Problem solving (high or low blood glucose and sick days).
6. Reducing the risk of diabetes complications (problems).
7. Living with diabetes (coping and staying motivated with diabetes).

State your plan to achieve your goal. Be specific. For example: *I will use my treadmill 5 days a week, starting with 10 minutes each day and increasing gradually until I can do 30 minutes a day.*

List any possible barriers. For example: *Not getting up on time in the morning. (I will set the alarm.) Not feeling motivated to do it. (I will "give" myself \$1 every day I do it until I have enough to buy a new DVD or workout outfit.)*

Follow-up check: how often did you meet your goal (circle one):

1. much less than expected
2. less than expected
3. expected
4. more than expected
5. much more than expected.

Once you have made good progress with your first goal, you may want to choose another goal and repeat the steps above with the new goal.