



Action Plan

Set a goal to work on between now and the next session. The goal should help you lower your risk of diabetes. Write three actions you will take to reach it. Then check off each action you complete.

Between now and the next session, my goal is to:		Today's date:
Action 1: What I will do		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		
Action 2: What I will do		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		
Action 3: What I will do		Done? <input type="checkbox"/>
Where I will do it		
When I will do it		
How long I will do it		
Challenges I might face		
Ways to cope with these challenges		