



Pre-D  
program

# Small Steps—Big Changes

*Action Plan Journal*

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HEALTH



# Tips for Making *Your Action Plan*

**Think about your goal:** the new version of you! This is your reason to create new routines that lower your risk of type 2 diabetes.

**REMEMBER:**

Your action plan helps you to try out new routines that can turn into habits over time. When new routines become habits, they are much easier to stick with. Follow these steps:

- Step 1. Figure out what needs to change.** What routine do you want to add, stop, or change?
- Step 2. Plan a new routine.** What new routine do you want to try? Remember to be specific and realistic.
- Step 3. Choose a cue or hint.** What will help you remember your new routine? Here are some ideas:
  - A specific time or place
  - A feeling or emotion
  - Other people in your life
  - An action right before or right after a regular routine

Be flexible. Review your action plan often. If your action plan isn't working for you, revise it. Or if you need help getting started, approach the 3 steps like a **SMART goal**

**S**pecific

**M**easurable

**A**chievable

**R**elevant

**T**ime-bound

Make it enjoyable! Change doesn't have to be painful. Find activities and healthy foods that you enjoy.

# Make Your *Action Plan*

Think about what you learned in this session. What small step can you take to reach your health goals?

If you've tried something new and it isn't working, how can you change it? Remember, a small step may be all it takes to build a new habit!

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- **Make your new routine easy and the old one harder to follow.** Change your environment to support the new routine. Add or remove visual hints, such as adding a picture of you walking the dog on your phone screen or hiding the kids' snacks in the cupboard.
- **Build in a healthy reward.** Connect a new routine to something fun, like only listening to your favorite band when taking the stairs or doing your activity with a friend. Consider long-term rewards after meeting goals, like new walking shoes or a healthy meal out at your favorite restaurant.
- **Create times to repeat and practice your new routines.** For example, adding a stair climb every day just before your morning coffee break.



After writing out your ***action plan***, practice your new routine until your next session. If it isn't working for you, try something else that works better. Over time, you will identify new routines that will become your new habits.



# Action Plan

Use this log to track your progress as you change your routine. Depending on the routine, you may practice several times a day, or a few times a week. Each time you try it, note how it went. If it's not working and you need to change something, write it down too. You don't need to share this log with your Lifestyle Coach. It's just for you.

Date/Time	Did it work?	Reflection: How is it going? Do I need to change anything?
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	



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