



# My Diabetes Prevention Action Plan

## Activity Goal

Over the next six months, I will get at least **150 minutes** of moderate exercise each week.

## Weight Goal

Today I weigh \_\_\_\_ pounds.

In the next six months:

I will lose at least \_\_\_\_ percent of my body weight, which is \_\_\_\_ pounds.

*This goal should be between 5 and 7 percent of your weight today.*

I will reach my goal weight of \_\_\_\_ pounds.

To achieve my goals, I will take the following actions:

*Remember, these actions should be realistic, doable, specific, flexible, focused on behaviors and enjoyable.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_