



How to Cope with Challenges | Tracking Your Activity

Tracking your activity isn't always easy. Life can get in the way. Here are some common challenges you might face, and ways to cope with them. **Write your own ideas in the column that says, "Other Ways to Cope."** Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I'm too busy.	<input type="checkbox"/> Schedule time to track. <input type="checkbox"/> Remember why you are tracking—to lower your risk of Type 2 diabetes!	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I have trouble reading and writing.	<input type="checkbox"/> Record your voice with a smart phone or other device. <input type="checkbox"/> Ask your coach, friends or family members to write your minutes on your fitness log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I keep forgetting.	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Put a reminder on your phone or computer. <input type="checkbox"/> Set a timer. <input type="checkbox"/> Leave yourself notes where you'll see them. <input type="checkbox"/> Ask friends and family to remind you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don't like to track.	<input type="checkbox"/> Post your results on the wall or online. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your activity goals. <input type="checkbox"/> Compete with a friend. See who can do the most minutes of activity. <input type="checkbox"/> Try smart phone and computer apps.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____