

# Reshape Your Health

## 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. \_\_\_\_\_

