

# Living Well with Diabetes

## Action plan for healthier eating

Making an action plan for healthier eating can help you come up with specific goals and the steps to take to reach those goals.

### Remember:

- Make your plan something **YOU** want to do. Not something you think you should do because someone else wants you to do it.
- Pick something you can do pretty easily. Ask yourself, “how likely am I to succeed at this?” If your answer is “not very...” make another plan.
- Make your plan specific. That way you can measure your success. Use these questions as your guide:
  - What am I going to do?
  - How much am I going to do?
  - When am I going to do it (what time and which days)?

Below are two examples of action plans for losing weight. One plan is too general and the other is action-specific. The action-specific plan outlines steps the person will take to meet the goal.

### Example of a healthy eating action plan

What am I going to do?	I'm going to eat more vegetables.
How much am I going to do?	I will add one vegetable to my meals
When am I going to do it?	At my evening meal on Monday, Wednesday, and Friday

You can use the form on the back to help you make an action plan or design your own. When you meet your first goal, you can make a new plan!

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**My action plan for (start date): \_\_\_\_\_ to (end date): \_\_\_\_\_**

What am I going to do?	
How much am I going to do?	
When am I going to do it?	

My plan	I did it!	What worked, what didn't
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Many people find it useful to plan for what can help them or what might get in their way. Planning can help you decide how to handle things, or where to go for help, before a problem comes up.

**What might make it hard for me:**

**What can help me reach my goal:**

<b>Example:</b> It's hard to find time to prepare vegetables when I get home from work.	<b>Example:</b> I can cook a larger amount of my favorite vegetables and freeze it in serving size containers.

**Ask yourself what worked and what didn't**

Don't judge things as good or bad. Consider what's working well and what isn't. Be proud of your achievements. If things have gone well, you might want to stretch your goals by doing more of the things that work. If things have gotten in your way, think of ideas that can help you achieve your goals.