

Your Lifestyle Planner

Name _____

Date _____

Next appointment _____

Health Care Provider _____

Contact _____



© 2005 Virginia Center for Diabetes Professional Education

In collaboration with the

Virginia Diabetes Council
www.virginiadiabetes.org

Bring this to your next appointment

Goals To Improve My Lifestyle

Put a check by steps you will take to improve your lifestyle.

EAT HEALTHY

► Eat meals and snacks at set times to promote health.

Examples:

- I will eat breakfast within one hour of getting up.
- I will not skip meals.
- Other:.....

.....

► Eat healthy carbohydrates.

Examples:

- I will avoid regular soft drinks and choose water or diet soft drinks instead.
- I will eat 5-7 servings of fruits and vegetables every day.
- I will choose whole-grain breads and cereals.
- Other:.....

.....

► Decrease serving sizes.

Examples:

- I will keep a record of the food I eat and drink.
- I will know what counts as a serving size.
- When I am eating out, I will share or split an entrée and eat a salad.
- Other:.....

.....

► Eat less fat and choose healthy fats.

Examples:

- I will bake, broil, roast, grill, or boil instead of fry food.
- I will have a meatless meal at least once a week.
- I will choose fried or high-fat foods no more than once a week.
- I will drink fat-free or low-fat milk.
- I will use healthy oils (olive oil, canola oil) and buy tub margarine.
- Other:.....

.....

► Make other healthy choices.

Examples:

- I will drink plenty of fluids (at least 8 glasses of water or low calorie fluid per day).
- I will limit how much alcohol I drink. (Women should drink no more than 1 alcoholic drink per day. Men should drink no more than 2 alcoholic drinks per day.)
- Other:.....

.....

BE ACTIVE

► Do something that you enjoy.

Examples:

- I will take the stairs.
- I will park my car further away and walk.
- I will walk.
- I will swim or do water exercises.
- I will ride a bike.
- I will use an exercise video.
- I will do yoga.
- Other:.....

► How often?

Examples:

- Every day
- 5x/week
- 3x/week
-

► How long?

Examples:

- 10 minutes
- 20 minutes
- 60 minutes
- 15 minutes
- 30 minutes
-minutes

► Limit inactivity.

Examples:

- I will watch no more than 1 hour of television per day.
- I will spend no more than __hour(s)/day on the computer.
- Other:.....

FIND HEALTHY WAYS TO COPE

Examples:

- Talk about how you feel to people you trust.
- Decide one small way to change your mood or old habit, and do it.
- Write down 10 good things about your life and think about and appreciate them.
- Organize your day with a "to do" list.
- Learn to relax through yoga, meditation, Tai Chi, deep breathing, visual imagery.
- Take 30 minutes each day to relax through music, yoga, bath, writing, etc.
- Take time to have fun every day by exploring a new interest, watching a funny movie, going shopping, playing with a pet, etc.
- Get in touch with your spiritual side to help you feel better about yourself.
- Keep a stress diary to see what triggers your stress; discover better ways to react.
- Exercise every day to help you focus your energy on a more positive path.
- Keep your sleep cycle as regular as possible.
- Develop a favorite hobby.

Other:.....

Eating Behavior Diary

Day/Date _____

Time	Location or Place	Food/Beverage Consumed	Degree of Hunger ₁	Social Situation ₂	Comments ₃

--	--	--	--	--	--	--

- 1 Use rating scale of: 1 – not hungry, 2 = moderately hungry, 3 = very hungry
- 2 Who were you with? What were you doing?
- 3 Include feelings (e.g., sad, bored, angry), thoughts (e.g., eating out with friends), concerns (e.g., stressed out at work)