Some examples of things you can do include.....

What will you do?

Diet  Physical Activity  Medications  Self-monitoring  Daily foot check

When will you do it?

Where will you do it?

How will you do it?

Why is it important that I do it?

Checking your progress toward reaching your goal is important for your success. Our plan to follow up with you is: ________________________________

★ You may not succeed at first.
★ You can always start over.
★ Every day is a new chance to do something good for yourself.