

Planning to Make Healthy Changes (Action Planning)

An action plan can help you take steps toward reaching any goal you may have. It can help to think of specific things you can do over the next week or two to meet a longer term goal. When it comes to diabetes, action plans can help you reach goals that will lower your risk of diabetes complications.

An action plan is an experiment you try. It is good if these steps are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART). If you are able to complete your action plan, then you can come up with a new action plan with additional steps to take. If your action plan one week doesn't work out, then you can take what you learned to develop a new action plan for the next week.



Diva Plavalaguna (photographer). People with Hands Raised [Digital image]. Retrieved from <https://www.pexels.com/photo/multiracial-people-with-hands-raised-6150584/>

The steps are:

- 1) Choose a goal that is important to YOU
- 2) Decide on SMART steps you can take over the next week toward that goal
- 3) Learn from your efforts and adapt your plan

Choose a health issue that is important to you

If you haven't identified a health goal, here are some examples:

- ♦ **Healthy eating** – eat at regular times, add whole grains, fruits, or vegetables, de-crease portions, keep a journal of what you eat.
- ♦ **Being active** – increase activity by walking 15 minutes 3 days/week, take the stairs, park farther away, use a pedometer to measure walking steps per day.
- ♦ **Monitoring** – check blood sugar or blood pressure, record results, keep a journal. Monitoring can also include checking your weight.
- ♦ **Taking medications** – take the right amount at the right time, learn how your medication works and what the side effects are.
- ♦ **Problem solving** - take care of high and low blood sugars, have a sick day plan, know who to call and when with diabetes concerns.
- ♦ **Smoking** - cut down on smoking, make a plan to quit smoking, get more information on resources to help you quit smoking



Rosivan Morais (photographer). People Riding Bicycles on Road [Digital image]. Retrieved from// www.canva.com/media/MAEOcCvrPik

How important is this goal to you?

On a scale from 0 to 10, where 0 is “not at all important” and 10 is “very important”, how important is it for you to make changes towards this goal?



Pick something that
is important to you!

Not at all
Important

Somewhat
Important

Very
Important



If you did not rate this issue at
least a 7, you may want to choose a
different issue that is more
important and more motivating for
you to work on.

You want to
pick a goal
that you rate
at least a 7!