

Online-only Supplemental Material

What do I want to work on now to help prevent diabetes?

Please choose **ONE** item to focus on before next class

Getting Active

1. I will _____ to **get my heart rate up** _____ days per
(Ex: walk, bike, hike, swim, garden) (Number)

week for _____ minutes.
(Number)



2. I will _____ to **build my muscles** _____ days per
(Ex: lift weights, use resistance bands, push-ups) (Number)

week for _____ minutes.
(Number)



Eating Better

1. I will eat _____ **fruits and/or vegetables** each day.
(Number)



2. I will **limit my sweets** to _____ per day.
(Number)

3. I will eat _____ **meals** per day.
(Number)



4. I will **limit fast food and junk food** to _____ times per day.
(Number)

5. I will **eat with a smaller plate or bowl** _____ times per day.
(Number)



6. I will **stop eating when I am full** _____ times per day.
(Number)



Choosing Healthier Beverages

1. I will drink _____ cups of **water** each day.
(Number)

2. I will **limit my soda and sugary drinks** to _____ per day.
(Number)

3. I will **limit alcoholic beverages** to _____ per week.
(Number)



Dealing with Stress

1. I will _____ to **reduce stress** for _____ minutes _____ days
(Ex: meditate, deep breathe, walk) (Number) (Number)

per week.

