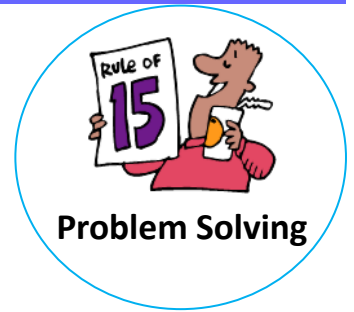


My Diabetes Self-Management Plan



One way I want to improve my health is (e.g. be more active):

My goal is (e.g. walk)

When I will do it (e.g. mornings before breakfast):

Where I will do it (e.g. at the park):

How often I will do it (e.g. Monday thru Thursday):

What might get in the way of following through on my plan (e.g. rain or snow)

What I can do about it (e.g. go to the mall to walk)

How confident am I that I can reach this goal: (circle one)

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

If I circled less than 8, what can I do to increase my confidence (e.g. get a walking buddy?)
