

# TODAY

Treatment options for  
type 2 Diabetes in Adolescents & Youth

## The TLP Rewards Program





# The TLP Rewards Program

In the TLP, you will earn rewards for meeting personal goals for learning and using healthy habits.

We know how much work it takes to change behaviors that you are used to doing. That's why we set up a system that gives you a lot of ways you can earn rewards by working hard and making progress, step-by-step.

You probably won't change all of your habits overnight. It's a process that takes time, and that's OK. The important thing is to keep moving forward. Your PAL will work with you to set small goals that you can reach each week. You should be proud of yourself for achieving each goal because each step brings you closer to your long-term goal of losing weight and taking care of your diabetes.



## Over the next 4 weeks . . .

You will work with your parents and your PAL until you all have agreed on a reward program to help you meet your personal goals for lifestyle changes. First, you will read this booklet about the TLP Rewards Program. Then you will do a little work on it each week. Your PAL will guide you through the process.



## Alicia's Totals Page

After keeping track of her eating and activity behaviors each day, Alicia put the information from each day on the *Totals for the Week* chart at the back of her Lifestyle Log.

Then Alicia compared her totals with her goals. It was easy to do because her goals and her totals were on the same page.

As you can see, Alicia's calorie goal was to eat between 1200-1500 calories per day. Her RED food goal was to have 6 or less RED foods each day. Her physical activity goal was to have 20 or more minutes of physical activity each day. And, her PAL encouraged her to have a family meeting every day.

### Totals for the Week

Date	Calories	RED Servings	Minutes of GREEN Physical Activity	Family Meeting	Special Goals
Sunday	1400	5	20	1	
Monday	1670	7	25	1	
Tuesday	2030	8	15	0	
Wednesday	1450	5	20	1	
Thursday	1500	6	20	1	
Friday	1730	7	15	1	
Saturday	1380	4	20	1	
<b>TOTAL:</b>		<b>42</b>	<b>135</b>	<b>6</b>	

	Calories	RED Servings	Physical Activity	Family Meeting
My daily goals:	1200-1500	6	20	1
Number of days I met my goals:	4	4	5	6
Weight change since last session:				
	(Filled in by PAL)			
PAL signature: <span style="border: 1px solid black; display: inline-block; width: 150px; height: 20px; vertical-align: middle;"></span>				

Alicia met her calorie and RED food goals on 4 of the 7 days. She met her physical activity goal on 5 days, and had a family meeting on 6 of the 7 days. She added up the number of days she had met her goals this week and discovered that she had met her goals on 19 of the possible 28 times.

Alicia was very happy about her progress, and she was determined to do even better next week! Her parents said they were proud of her, too.

Rewards for progress along the way will help you make healthy lifestyle changes.

## Earning Rewards

The TLP program uses a point system to help you keep track of the lifestyle changes you are making. Because you are making changes step-by-step on a daily basis, you can earn points for rewards when you meet your goals each day. These goals help you make lifestyle changes—eating healthy and being more active—so you can take care of your diabetes. You can earn points for rewards by:

- ▶ Having family meetings
- ▶ Meeting your calorie goals
- ▶ Meeting your RED food goals
- ▶ Meeting your GREEN physical activity goals

The more goals you meet, the more points you earn. Once you earn 25 points, you can spend those points on a reward. Or you can save your points to spend on medium rewards (50 points) or large rewards (100 points).

*What is a reward that you recently got for doing something?*

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*How did you feel after you got the reward?*

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## How do rewards help you change your behavior?

In the TLP, you will earn rewards for learning and using healthy habits. Rewards are good things you get after you do something challenging or exciting, like meeting a program goal. There are many different kinds of rewards. A reward can be something you buy at a store, like a CD, a book, or a basketball. A reward can be an event, like going to the museum or the zoo, or it can be special time with your parents. A reward can even be praise, like when someone tells you, “Good job,” or “Thank you.”

For example, let’s say your mom wants you to do your homework right after dinner every evening. She promises to take you to the movies on Saturday if you do your homework after dinner every night this week. If you do your homework each night, she rewards you by taking you to a



movie. Getting a reward after you finished your homework will make you want to finish your homework again. Why? So that you can earn another reward, like another trip to the movies or something else you would like.

## How does it work?

You need to bring your Lifestyle Log to your session so that your PAL can review your goals.

You can always earn 1 point for every day that you have a family meeting. Points for having a family meeting do not depend on anything else.

To be eligible for the rest of your points, you need to lose 1 pound each week. If you do this, you can earn more points by meeting your goals for eating healthy and being physically active.

If you lose one pound during the week, you can earn:

- ▶ 1 point every day that you meet your calorie goal
- ▶ 1 point every day you meet your RED food goal
- ▶ 1 point every day you meet your GREEN physical activity goal.

If you do these things and have a family meeting, you can earn 4 points a day. That means it's possible you could earn up to 28 points each week! That's more than enough for a small reward.

You need to keep track of the goals you achieve each week so that your PAL can use them to help you set new goals and keep track of the points you earn. Write them down and add them up in your Lifestyle Log each week.

Your parents should review them with you at your family meeting.

Your PAL will go over these every week and keep an official record of all the points and rewards you earn.

## Earning Points Day-By-Day

- ▶ Whether or not you lose weight, you can earn 1 point every day you:
  - ▶ Have a family meeting
- ▶ In order to earn other points, you must lose 1 pound. If you do this, you can earn 1 point for each day you:
  - ▶ Meet your calorie goal
  - ▶ Meet your RED food goal
  - ▶ Meet your GREEN physical activity goal



Alicia worked hard in the TLP program. After three weeks, she had lost three pounds. Her parents gave her a lot of praise, and her PAL pointed out that she would earn 50 bonus points if she could lose a total of 4 pounds by the end of the month. This made Alicia very determined. She wanted to earn all the bonus points she could.

Alicia asked her friends to remind her to be careful about what she ate. Her parents encouraged her every day.

She kept track of her calories very carefully and was able to lose that additional pound. Alicia was very pleased that she had earned 50 bonus points because she really wanted to earn a reward. She was even happier because she knew she had done something very good for herself—she had lost 4 pounds in a month and was learning to take care of her diabetes!

## Earning Monthly Bonus Points

In addition to the points you can receive by meeting daily goals in changing your behaviors, you can also earn bonus points when you meet your monthly weight loss goals.

Every 4 weeks you will have a chance to earn 50 bonus points by losing 4 pounds over the 4 weeks, or 25 points for losing 2 pounds over the 4 weeks.

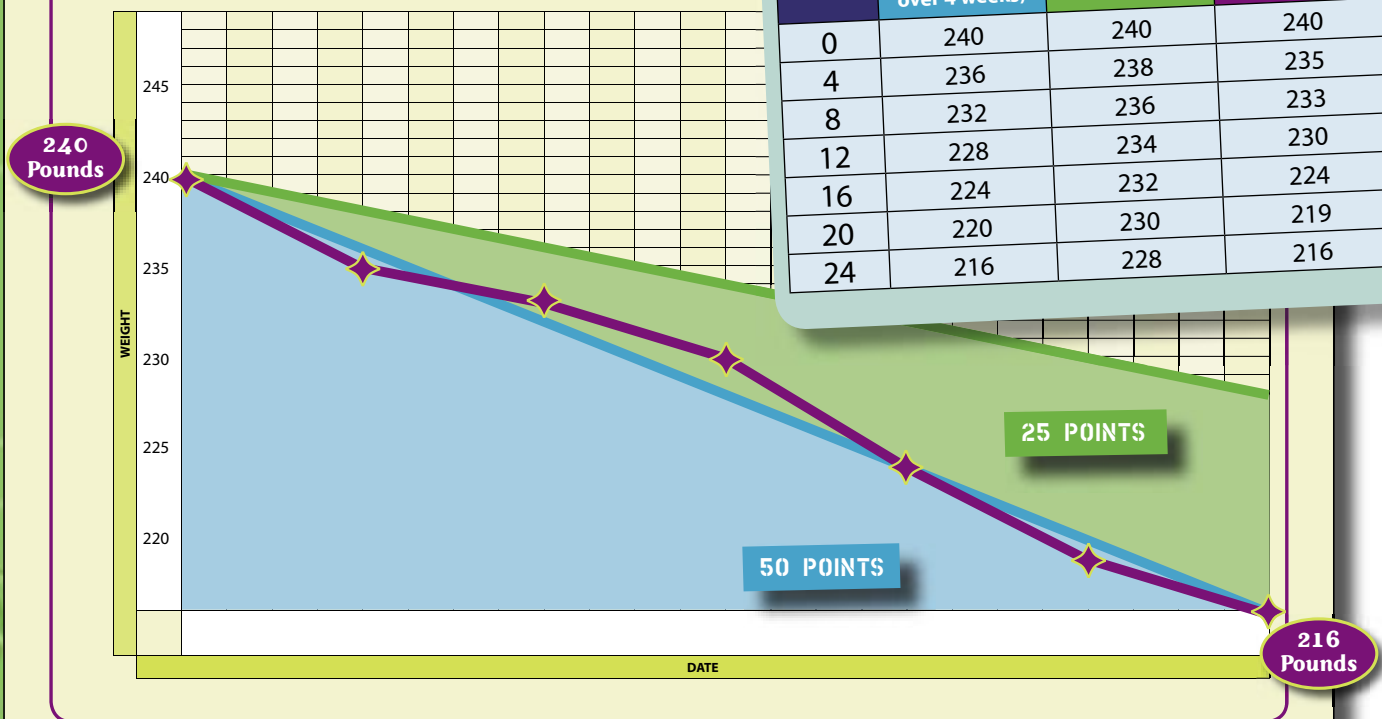
You can add these monthly bonus points to the other points you have earned by meeting your daily goals. Then you can use all these points to select rewards you and your parents have agreed upon.



### Tyrone's Weight Loss Goals

Week	Weight Goal for 50 points (4 pounds over 4 weeks)	Weight Goal for 25 points (2 pounds over 4 weeks)	Actual Weight
0	240	240	240
4	236	238	235
8	232	236	233
12	228	234	230
16	224	232	224
20	220	230	219
24	216	228	216

### WEIGHT GRAPH





## Setting up your personal rewards system

Now, let's talk about the rewards you can earn with your points!

What rewards do you want? Everybody's different. What may be a reward for one person may not be for someone else. That's why it's important that you choose your own rewards.

*List some of the rewards you would like in the space below. Put down some rewards that would be easy for your parents to provide, like staying up late on the weekend. You can also include some that require more time, effort, or money, like going to the zoo or having a sleepover. Be careful, though. Don't put down rewards that cost too much money, time, or effort because your parents may not be able to provide them.*

Rewards that are easy for your parents to give:

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Rewards that take more time, money, or effort:

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Of course, the rewards you earn are not the most important reasons you are making healthy choices and changing your lifestyle. We know you are making changes because you want to manage your diabetes. But earning rewards along the way as you make changes will help remind you that good things come from making lifestyle changes. The points you earn will also show how hard you are working.

## Should food be a reward?

Sometimes people use food as a reward. This is not a good idea. Using food as a reward encourages overeating, and the food used as a reward is often not healthy. Sometimes parents don't realize this and say things like this: "You can have ice cream after you clean your room."

We will explain that using food as a reward is not a good idea to your

## Map Out Your Weight Loss Goals

*Fill in the blanks to plot your weight loss goals.*

How much do you weigh now? \_\_\_\_\_ How would you feel if you lost 24 pounds in 6 months?

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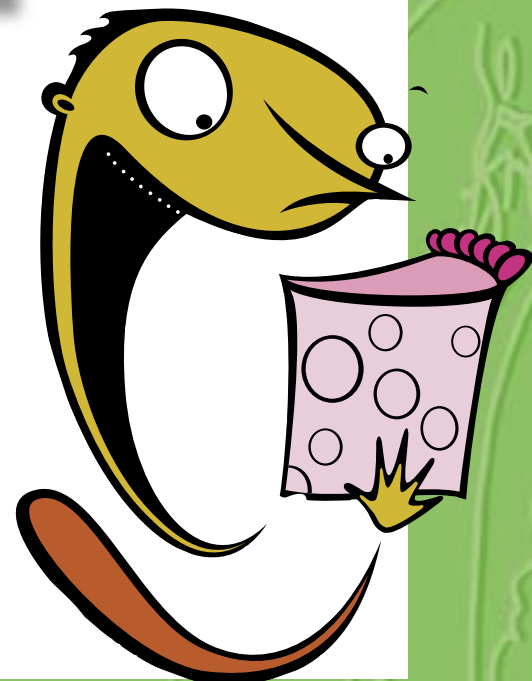
Do you think you can meet this goal?

- Yes  
 Maybe  
 No

Why?

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Can you think of some times when food has been used as a reward?

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Can you think of some other rewards that would have worked just as well?

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Here are some of the things that have been on other people's rewards lists. Do any of them interest you? Put a ✓ by the ones that interest you.

- Calling a friend on the phone
- Doing things with your family
- Getting a new basketball
- Going to a game
- Going to a museum
- Having a party
- Having a sleep-over
- Hitting in a baseball batting cage
- Playing ball
- Spending time with friends
- Staying up late
- Visiting the zoo

parents, in case they have a habit of using food as a reward for good behavior. But if they make a mistake and say something like this, it would be helpful if you would speak up and remind them. Just say, "I am trying to lose weight and be healthy. I don't want food as a reward. I'd rather do something special with you or with my friends." Speaking up like this lets them know how determined you are to change your eating habits and be healthier.

## Picking your rewards: Make your own Rewards Chart

Your parents have put together a list of possible rewards for when you meet your goals. Look over the list and check off rewards that you would like to put on your Rewards Chart. You and your parents will also need to agree about the number of points it will take to earn each reward.

Talk to your parents if there are some things that you would like to add to the Rewards Chart. If your parents agree on a reward, add it to your Rewards Chart at the back of this booklet.

Be sure you pick some small rewards you could earn in a week or so, some that might take 2 or 3 weeks, and a few that might take a month or more. Small rewards are worth 25 points. Medium rewards are worth 50 points, and large rewards are worth 100 points.

Your parents have been told not to include rewards that cost a lot of money or that they think would not be practical or appropriate. Please keep this in mind if you offer suggestions of your own.

If you and your parents do not agree about a reward or its point value, you may need to change it to something you can all agree on.

When the time comes to choose, you can pick the reward you want. For now, the important thing is to get a good list started.

Keep in mind that you should update your Rewards Chart regularly. We know that some of the things that are important to you will change as time goes by. That's why you and your parents may want to make a plan to update your Rewards Chart every two or three months. Of course, a lot will probably stay the same, but not all of it.



## Tyrone's Wish List

Tyrone's parents made a list of many rewards that they thought he would like. They met with the PAL and talked it over. Then they gave Tyrone a menu of possible rewards he could choose from.

Tyrone thought he would work very hard for many of the rewards his parents had put on the menu. He was not as interested in getting sunglasses or art supplies as his parents had thought, so he did not agree to have them put on his Rewards Chart. He knew he could always add them later if he wanted.

Tyrone wanted to add some other rewards that were not on the list his parents gave him. His parents agreed with some of the rewards he wanted to add. But they thought some rewards would not be very practical or appropriate, and some would cost too much.

For example, Tyrone asked to have 5 friends spend the night. Tyrone's parents explained that there was really not enough space for 5 extra people to sleep over, and that feeding this many extra friends would also be expensive. However, they agreed that he could have 3 friends stay overnight.

Tyrone suggested going to a professional football game as a possible reward. His parents said that going to a professional football game would be too expensive, and they just couldn't afford it. After talking about it, they agreed that he could attend a professional baseball game with a friend. That, they said, would be more affordable.

Tyrone requested a cell phone as a large reward. His parents did not think this was a good idea for him. They pointed out that cell phones were expensive and that talking on the phone often distracted teens from doing more important things. Tyrone was disappointed, but he understood that his parents had good reasons for all their decisions.

Possible Rewards	Point Value	Tyrone Agrees
<b>Educational Activities</b>		
Spending a day at the museum	100	OK
Trip to bookstore to purchase a book	50	OK
<b>Family Activities</b>		
Camping trip with the family	100	OK
Family bike ride to someplace new	25	OK
Helping Dad work on car	25	OK
Playing board games with family	25	OK
<b>Friends</b>		
Going bowling	25	OK
Going to a movie with friends	50	OK
Having a sleepover for 3 friends	50	OK
Staying overnight with a friend	25	OK
Visiting the mall with friends	25	OK
<b>Local Attractions and Cultural Events</b>		
Horseback riding with Mom and friend	100	OK
Trip to the zoo	50	OK
Tubing on the river	100	OK
<b>Special Privileges at Home</b>		
Choosing a movie for the family to watch	25	OK
Earning a "coupon" to skip chores for a day	50	OK
Extra time on phone to friends	25	OK
Getting art supplies	50	
Getting a fish for his aquarium	50	OK
Getting a new basketball	100	OK
Getting new sunglasses	50	
Redecorating his own room	100	OK
Staying up late on non-school day	25	OK
<b>Sporting Events and Special Activities</b>		
Attending a professional baseball game	100	OK
Visiting an amusement park	100	OK

25 Point Rewards	Date Reward was Earned
Choosing a movie for the family to watch	
Family bike ride to someplace new	
Going bowling	
Helping Dad work on car	
Playing board games with family	
Staying overnight with a friend	
Staying up late on non-school day	
Visiting the mall with friends	
Extra time on phone to friends	
50 Point Rewards	
Getting a fish for his aquarium	
Going to a movie with friends	
Having a sleepover for 3 friends	
Trip to bookstore to purchase a book	
Trip to the zoo	
Earning a "coupon" to skip chores for a day	
100 Point Rewards	
Attending a professional baseball game	
Camping trip with the family	
Getting a new basketball	
Horseback riding with Mom and friend	
Redecorating his own room	
Spending a day at the museum	
Tubing on the river	
Visiting an amusement park	

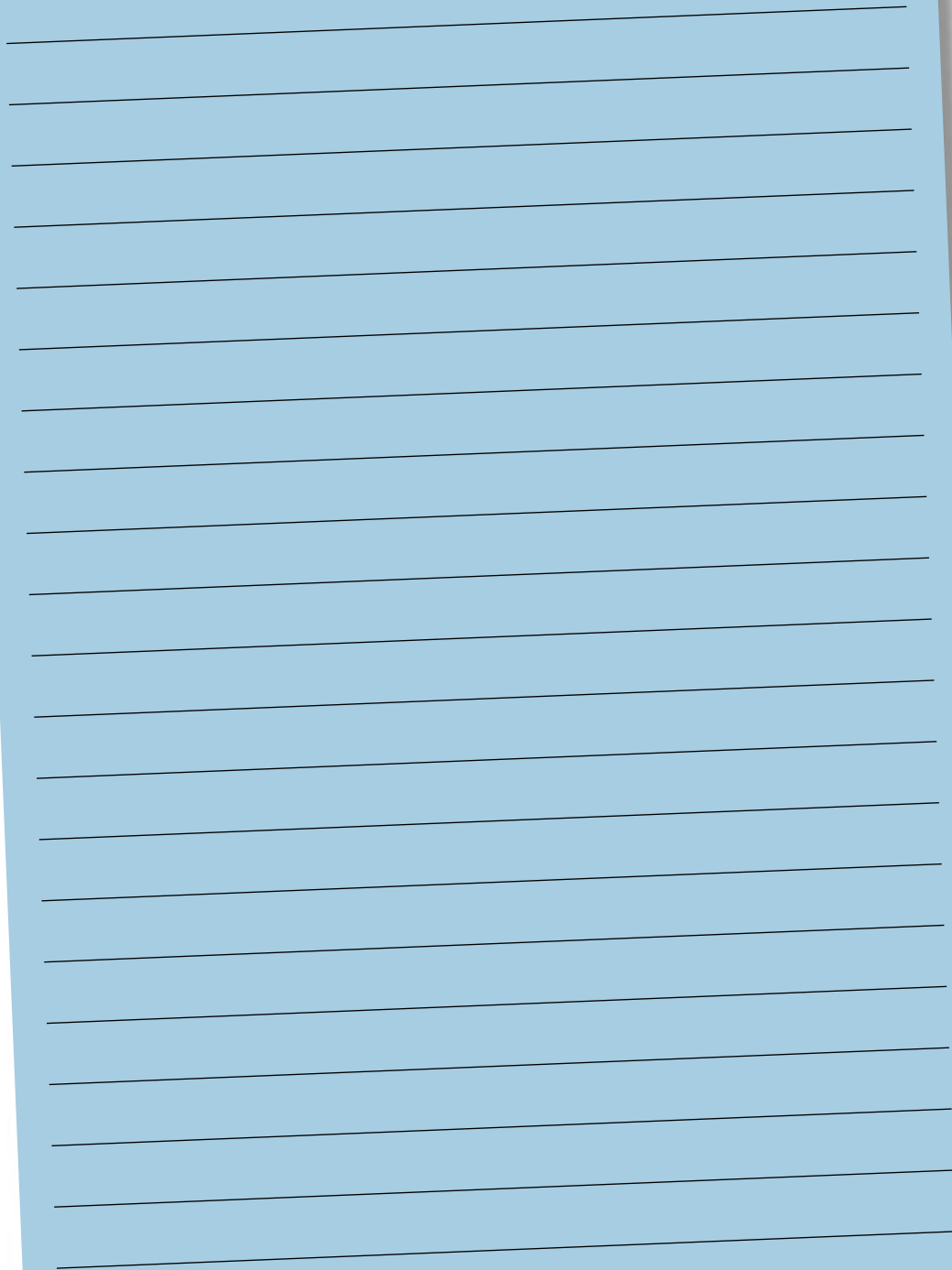
## Tyrone's Rewards Chart

Tyrone wrote down all the rewards he and his parents had agreed on. Although he was disappointed that he could not get a cell phone or go to a professional football game, he understood why his parents did not approve those rewards. He was pleased because he had plenty of rewards that he could earn, including a sleepover for 3 friends and a chance to go to a professional baseball game. He knew he would work hard to earn rewards on his list. He told his friend that he was sure of what he would claim for his first reward—going for a bike ride with his family to a new place.





*Please write any questions you have for your PAL in the space below.*

A blue notepad with 20 horizontal lines for writing, positioned on a white background. The notepad has rounded corners and a slight shadow effect.



