

Planning for Schedule Changes

Schedule changes can have a big effect on how well you are able to continue to manage your diabetes, your eating habits, and physical activity. Major schedule changes can lead to setbacks.

Sometimes you can get into a nice routine with things working out the way you want. Then your schedule changes. All your progress seems to disappear. Now you feel lost and discouraged.

The switch from school to vacation may be your biggest challenge. Three changes make it harder to maintain your healthy eating and activity behaviors:

- ▶ Less routine
- ▶ More free time
- ▶ More temptations

▶ **Less Routine**
Routines can keep you safe. With a good routine for meals and snacks, you are more likely to eat healthy. Your routine carries you along. It makes your choices simpler. The same is true of physical activity. If you plan it into your school-year routine, you are more likely to get it done.

But those plans just won't work the same when you

are not in school. School no longer structures a lot of your time. Suddenly, your routines disappear.

▶ **More free time**
Staying busy helps keep you safe. Having more time on your hands gives you more time to sit around. More time to be sedentary. It gives you more time to be bored. That means more chances to deal with your boredom by eating.

▶ **More temptations**
Staying busy and having a routine help keep you safe. There are often more temptations to threaten you during vacations. Friends plan social events around food. There are picnics and RED foods around the pool. Trips to the ice cream shop or the movies. Parties. Snacks around the television set.

All this makes it hard for you to maintain your progress. So it's easy to stop losing weight. Easy to gain weight. Easy to skip

KEY GOALS

Planning in advance for schedule changes will help you meet your 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

some of the other things you need to do to take care of your diabetes. When this happens, you're heading for trouble.



Planning in advance is the best way to deal with a change. Staying focused on your goals and being flexible are also important.

▶ **Planning in advance** means setting goals and making a schedule that will help you get them done.

Make sure your schedule is specific. What morning do you

Here's what you'll learn about in this module:

- ▶ Planning in advance for schedule changes
- ▶ Staying focused on your goals
- ▶ Getting the most out of your weekends and summer



want to go on that 60-minute bike ride? What time will you start? When will you return? Who will ride with you? What will you do for the rest of your day? Be sure to include times for going to bed, for getting up, and for doing chores. It's OK to schedule some time to relax. But don't allow too much time for RED activities.

Use your schedule as a guide. You don't have to follow it rigidly. Most of the time it won't make any difference whether you start your bike ride at 9 or 9:30. But it will make a difference if you don't get going in time to do it before you have to walk your little brother home from summer school.

Try to keep a regular sleep schedule. An irregular sleeping pattern makes it harder to lose weight. So does sleeping too much. Going to bed and getting up at the same time is best. This helps your eating habits and the rest of your schedule be more regular.

- ▶ **Staying focused on your goal** helps you find ways to

meet it. Say your goal is to have 45 minutes of GREEN activity a day. Stay focused even if your plan doesn't work out. That will help you find another way to accomplish it.

- ▶ **Being flexible** means having a back-up plan in mind if something knocks you off schedule. What will you do when the friend you had planned to ride bikes with gets sick? Ride by yourself? Ask your brother to ride with you? Shoot baskets by yourself? Cut the grass?

What you don't want to do is sit home all day when plan "A" falls through. That's why it's important to have plans "B" and "C" to fall back on. It's sort of like problem-solving in advance. You make a plan. Then you make a back-up plan in case you meet a barrier to your first plan.



What should I do to get the most out of summer?

Start planning a month or more before summer arrives. Find out what's out there for you to do. Set goals for yourself. Talk to your parents. Then make a plan to meet your goals. That way, when final exams are over, you're ready to make summer work for you. For example, summer vacation offers you the chance to:

Planning in advance means setting some small goals for what you want to do. Then you make a schedule that will help you get them done.

- ▶ **Get more physical activity.** Set new physical activity goals for yourself. Then make plans so you can achieve them. The extra time you have allows you to go for longer hikes or bike rides. You can play baseball or basketball with different friends. You can practice your serve or your jump shot. You can join a sports team in a league organized by your community center or the Y.

- ▶ **Try new activities you might enjoy.** These might be GREEN activities, but they don't have to be. You have time to practice singing, playing the trumpet, or banging on the drums until you get to be really good. Or you could learn to sew or repair engines. Could you get a group together to discuss books, movies, or music? Use your imagination. Try new things.

- ▶ **Learn new skills.** What about taking the babysitting class at

the hospital? Are there computer courses you might like to take? How about drawing or sculpting courses at a community center? These are great ways to meet new people who might become friends.

▶ **Make new friends.** Doing something you like with other kids who like it too is a great way to make friends. You already have something in common. All you have to do is talk to one another. Find out what other interests you share. Arrange to get together. Make more plans. Make new friends.

▶ **Get a job.** The summer can be a great time to make some money. Even if you aren't old enough to have a regular job. You could earn money by babysitting or cutting the grass for neighbors. There are usually jobs to be found in every neighborhood. Use your parents. Ask around. Use your problem-solving skills to figure out how.

▶ **Do volunteer work.** You can have fun while helping the community by doing volunteer work. You could cut the grass for an elderly neighbor. And you could do it without pay. You could

Learning to manage your weekends well is good practice for making your summers *healthy and fun.*

volunteer at a hospital. Or a daycare center. Or a nursing home. This will add structure to your life. You will meet other people and feel good about yourself.

▶ **Make a vacation eating plan.** What RED food snacks do you want to be

Alicia was worried because summer vacation was coming. Last summer she hung out at home a lot. She was bored. She watched TV and played on her computer. She snacked too much and gained 15 pounds. It was not at all fun to think about.

She told her parents how worried she was. Her mother said some things that changed her attitude. "Think of it as an opportunity and a challenge," she said. "You have a chance to do a lot of fun things. You have a chance to be healthier. For example, you've practiced playing catch. So it won't be so hard to join a softball team at the Y. You can take the babysitting class at the hospital and make some extra money."

"That sounds great," Alicia said. "But I'm worried that I won't really do all those things."

"Sure you will," her mother said. "Look what a great job you do with your weekends. You eat healthy just like you do during the week. And you get even more physical activity. The key to your weekend success is that you make a schedule for yourself. That's also the key to having things go well this summer."

Hearing this made Alicia feel better. She knew her mother was right. She did a good job planning her weekends. It was something she worked hard to do. She knew how to schedule the extra time she had. She realized that she could do the same thing with summers. Only it would be even better. She would have more time to do things and learn things that she liked.

What skills did Alicia use to make her weekends healthier?

What could you do to make your weekend schedule healthier?

more careful about? What summer fruits do you want to enjoy? How will you plan ahead for healthy snacks when you are not at home?

Use the weekend to practice—and to stay in shape yourself.

Weekends can be like vacations. Family routines often center on work and school. When this changes on the weekend, there may be less structure. And more free time. This can also lead to trouble.

People often overeat and get less physical activity on weekends. Why? Because they don't know how to manage their time when it isn't organized around school or work.

People who lose weight and keep it off stick to the same eating plan on weekends that they use during the week. Make sure you do too. If you plan ahead, weekends can give you even more time to get physical activity.

Make it a goal to do healthy eating and activity behaviors over the weekend. Then work at it. This is something you can teach yourself. The skills you develop will help you make your summer healthier too. Practice may not make you perfect, but it sure makes you better.



What will help me make a good switch to summer?

- ▶ Keep track of your weight. If your weight is not under control, you know you need to do a better job of sticking to your plan. Or you need to make a better plan.
- ▶ Check how well you are managing your weekends now. If you aren't doing so well, make it a special goal. Work on it for a while. Managing the extra free time you have on your weekends is great practice for managing your summers.
- ▶ Plan ahead, set goals, and make a weekly schedule. If

Skills and Goals for managing transitions

- ▶ Figure out how well I plan to get the most out of my weekends.
- ▶ List my goals for summer and plan how to meet them.
- ▶ Make a schedule.
- ▶ Keep track of my weight so I will know how well my plans are working.
- ▶ Use family meetings to get help with my plans.

you do this well, you will be off to a good start.

- ▶ Ask your parents. They may know about opportunities in the community to have fun getting physical activity. They can help you make a weekly schedule that will keep you active and be fun. They can help make a summer eating plan. They can help you problem-solve when things don't go so well.

Notes to myself—some things I want to keep in mind this week:

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How Well Do I Manage My Weekends?

Alicia made this chart to see how she was managing her weekend.

First, she wrote out her goals for each behavior listed in column one. She made sure to schedule each goal.

Later, she wrote down whether she met each goal.

Finally, she wrote down how her planned worked out. She also listed any part of her goal that she still needed to complete. And when she would complete it.

Behavior	Goals	Did I meet my goal?	Comments
Physical Activities	Bike 1 hour Saturday Walk 1 hour a day	Only 30 minutes Walked 45 minutes each day	Keep working on these goals
RED foods	3 RED foods a day	3 on Saturday, 4 on Sunday	Good job on Saturday, 1 extra snack at the picnic on Sunday
Special Activities	Learn about summer activities at the Y	Visited the Y, got info, haven't decided yet	Decide by next weekend
Homework	4 hours for math, history, English, and science	Yes, split it up. Math and history on Saturday, English and science on Sunday	Good plan
Chores	Clean garage for Dad Clean my room Do my laundry	½ done; needs another hour Yes, did it Sunday. Yes, did it Saturday.	Finish cleaning garage next Saturday
Family Activities	Attend sister's soccer game. Picnic afterwards with other families	Yes	Fun!
Other	Hem my blue skirt	No	Next weekend

Continued on next page

How Well Do I Manage My Weekends? (continued)

Use this chart to figure out how well you are managing your weekend.

First, write out your goals. Be sure to schedule a time for each one.

Next, write down whether you met each goal.

Finally, write down how your plan worked out. Be sure to list any part of a goal that still needs to be completed. And when you will complete it.

Look back at the example on the previous page if you need help.

Behavior	Goals	Did I meet my goal?	Comments
Physical Activities			
RED foods			
Special Activities			
Homework			
Chores			
Family Activities			
Other			

Planning for Schedule Changes

How Did I Do?

Now ask yourself some questions about your weekend chart. You can talk about these questions with your parent or your PAL. Or you could use them to make some notes for yourself.

▶ Did I schedule activities in advance? Or did I just hope things would fall into place?

▶ How seriously did I try to follow my schedule?

▶ Was my schedule doable, realistic? If it wasn't, how would I change it next time?

▶ Did I schedule enough variety for myself?

▶ Did I schedule activities that I enjoy?

▶ Did I include enough time with friends on my schedule?

▶ Did I allow enough time to do all the family chores and school responsibilities I had?

▶ If I did not meet a goal, what could I have done differently?

What I learned about myself from this ...

What I learned that could help me make a good summer schedule is...

What Are My Summer Goals?

Use the list below to help you think of some things you might like to do during a summer. Circle "0" if you have no interest. Circle "5" if you are very interested in an activity. Next, write down a plan to accomplish this goal. Use the blank space at the bottom to add other goals you may want to accomplish.

Possible Goals	My interest	How I could do it
Get more physical activity	0 1 2 3 4 5	
Try new activities	0 1 2 3 4 5	
Learn new skills	0 1 2 3 4 5	
Make new friends	0 1 2 3 4 5	
Get a job	0 1 2 3 4 5	
Do volunteer work	0 1 2 3 4 5	
Make a vacation eating plan	0 1 2 3 4 5	
	0 1 2 3 4 5	
	0 1 2 3 4 5	
	0 1 2 3 4 5	

Planning for Schedule Changes

Major schedule changes can lead to setbacks. The switch from school to vacation may be your biggest challenge because there is:

- ▶ Less routine
- ▶ More free time
- ▶ More temptations

- ▶ Staying busy and having a routine help keep you safe.
- ▶ Planning in advance can help you manage a transition. This means setting goals and making a schedule to help you reach them.
 - ▶ Your schedule should be specific. What activity? What time? Where? When? With whom?
 - ▶ Have a back-up plan in mind before you start.
 - ▶ Use your schedule as a guide.
 - ▶ Schedule some time to relax, but not too much time for RED activities.



Use the weekend to practice—and to stay in shape yourself.

- ▶ People often overeat and get less physical activity on weekends.
- ▶ People who lose weight and keep it off stick to the same eating plan on weekends that they use during the week. Make sure you do, too.
- ▶ By planning ahead, you can eat healthy and get more GREEN activity on weekends.
- ▶ An irregular sleeping pattern makes it harder to lose weight. So does sleeping too much. Going to bed and getting up at the same time each day is best.
- ▶ The skills you learn to help make weekends healthy will help you make summers healthier, too.

Summer vacation offers you the chance to:

- ▶ Get more physical activity.
- ▶ Make a vacation eating plan.
- ▶ Try new activities you might enjoy.
- ▶ Learn new skills.
- ▶ Make new friends.
- ▶ Get a job.
- ▶ Do volunteer work.