

# Move On with Confidence

**A**t the beginning of the TLP, you needed to meet with your PAL often. That was so your PAL could teach you new skills. Your PAL also gave you a lot of support when it was needed.

After a while you met less often. You learned how to stay in touch by phone. You also learned how to do more on your own. You learned to be your own coach. You took on more responsibility for your health. You also got more support from your family.

In the next phase of the TLP, you will meet with your PAL about once a month. You'll stay in touch by phone between meetings. Now you're ready to do more with less support from your PAL. That's because you have learned so many skills. And your family is ready to give you more support.

You will still continue to get supportive written materials every month. They will help you learn new skills. They will explain how to strengthen the skills you have.

## Your healthy lifestyle goals stay the same.

You will:

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

Meeting your goals will help you lose weight and manage your diabetes. Or they will help you stay at your present weight if that's what you and your PAL decide is best.

Why do your goals stay the same? Because they help you make lifestyle changes. Limiting RED foods and increasing GREEN activity are lifestyle changes. Keeping track of your weight and having family meetings will help you meet your activity and eating goals. But these aren't things you do for just a few months. Being healthy isn't like doing some special exercises after the cast is taken off a broken arm. Being healthy isn't a short-

## KEY GOALS

### Keep working to meet your 4 key goals:

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

term challenge. It's a lifetime challenge. That's why these are called "lifestyle changes."

So, things will stay pretty much the same. Of course, you need a plan to handle the challenges you face. That's the focus now. Make a plan so you can move on with confidence.

## KEY QUESTION

### What's the biggest challenge you expect to face now?

It may not be the same as it would be for someone else. Everybody is different. The biggest challenge you face may not be the one you expect.

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

- ▶ How to prepare for the next phase
- ▶ Identifying your biggest challenges right now
- ▶ Making sure your weight goal and your plans are up to date





## Make the most of your phone calls with your PAL

- ▶ Make a date for the next phone call when you and your parent can both be home. Try to find a time when it is calm.
- ▶ Write down the time and dates for your phone calls. Put it where you won't lose it.
- ▶ Be sure to be home at the time you have agreed to talk.
- ▶ Find a quiet place to talk. Ask other family members for help with this.
- ▶ Make some notes in advance about things you want to talk about. Have them handy during the call.
- ▶ Remind your parent about the call a day ahead of time.
- ▶ Talk to your parent about what you want to discuss.
- ▶ Have a pad and a pencil so you can write down what you want to remember after your phone call.

But it's always better to be prepared. Here are some areas to think about when you do the Help Sheet:

- ▶ **Keeping track of your behaviors.** This is very important. It lets you know what you are doing well. It lets you know what you might need to change. *How well are you keeping track of your RED foods right now? Are you keeping track of all that you eat? Your calories? Do you do it every day?*
- ▶ **Eating healthy.** Eating GREEN foods is important to your health. So is eating the right amount of food. And limiting RED foods. Eating healthy can be a challenge. *Is it hard for you right now? How involved are you in planning and cooking healthy meals? What are you concerned about?*

- ▶ **Getting enough GREEN activity.** Getting enough exercise is important to your health. *Do you have a weekly activity schedule? Do you need to make any changes? How well are you following your plan?*

- ▶ **Staying motivated.** It's the key to managing your diabetes. *Do you think about*

### Remember the 6 steps in problem-solving?

First you set a small goal. Then you:

1. Identify the specific barrier.
2. Brainstorm solutions.
3. Compare solutions.
4. Make a plan.
5. Put the plan to work.
6. Evaluate how the plan worked.

Your PAL is sticking with you. You will meet once a month and stay in touch by phone.



## Tips for making a plan that works

- ▶ Keep your plan *simple and clear*. It should say:
  - ▶ *What* you want to do
  - ▶ *How* you will do it
  - ▶ *When* you will do it
  - ▶ *Where* you will do it
  - ▶ *Who* will do it with you
  - ▶ *Why* you want to do it
- ▶ Keep your plan *realistic*. It's not realistic to say you will cut out all your RED foods so you can lose 30 pounds in a month. It is realistic to say you will cut out enough RED foods to lose a pound a week.
- ▶ Put your goals on a *schedule*. Progress comes one step at a time.
- ▶ *Check* your plan out. Talk to your parents and your PAL about it. Ask them:
  - ▶ *Does this make sense to you?*
  - ▶ *Is it realistic to think I can do this?*
  - ▶ *What are your suggestions for me?*
  - ▶ *How can you help me follow my plan?*

how important controlling your weight is? It's key to managing your health.

- ▶ **Getting enough support.** You won't see your PAL as often now. *Do you need to have more family meetings? Are you getting the support you need from friends?*

- ▶ **Handling new situations.** Life is full of new situations. Full of challenges. *Does this concern you? You can use all the new skills you've learned in the TLP to handle them.*



## Your weight goals

This is a good time to set your weight goals for the next 6 months. If you have reached a healthy weight, you may want to stay at the same weight. If you haven't, you probably want to continue trying to lose weight. The chart in the Help

Alicia thought about how she was doing in key areas. Overall, she felt pretty good about herself. She knew she had learned a lot. She had lost weight. She wasn't so worried about not meeting with her PAL as often. She knew her PAL was only a phone call away. She could phone him if she had a problem or concern.

But she wanted to be smart about it. She knew how important it was for her to keep losing weight. She didn't want to take any chances. So she talked to her parents about having family meetings more often. At least for a while. They had been meeting 1 or 2 times a week. It wasn't as regular as it had been at first.

"Can we make a schedule to meet 3 times a week? How about Sunday, Tuesday, and Thursday, right after dinner? At least for a while," she asked. "I just don't want to take any chances. I know you'll make sure I'm on the right track."

She was not satisfied with her eating habits. She was eating too many RED foods again. She averaged about 10 a day. "This isn't helping me lose weight," she said. "I've slipped up. But there are some simple ways to get back on track. I want to make a plan to change it. Will you help?"

"Sure," they said. "We're very proud of you for being so careful."

She looked at her Lifestyle Log. She saw she was doing pretty well with snacks. The problem seemed to be at two meals. She was using RED food toppings for breakfast, like maple syrup on her pancakes, or brown sugar on her cereal. She was also eating extra portions of RED foods at dinner.

Her first goal was to cut down to 8 RED foods a day. If she could do that for 2 weeks, she would set a goal of 6 RED foods a day for the next two weeks.

Then, she made a plan. She asked her mother to buy cinnamon and more fruit. "That way I can put cinnamon, strawberries, or bananas on my cereal," she said. "And I'm going to stay completely away from pancakes. That way I won't have any reason to use maple syrup."

"Those are great ideas," her mother said. "But what about the RED foods you eat at dinner?"

"I'm going to make a rule for myself," Alicia said. "Only one portion. No more. If I'm still hungry, I'll have fruit. In fact, I'd like you to remind me when I need it."

"Those are great ideas," her mother said. "I'd be happy to remind you. I think you can get those RED foods under control. Making a plan like this is really a great idea. It will help you succeed even though you will see your PAL less often."

How did Alicia plan to meet her challenges?

---

---

---

---

How could you deal with your eating challenges?

---

---

---

---

Every plan needs a schedule. If a plan isn't linked to a schedule, it's just wishful thinking.

Sheet can help you. Fill it out. Talk to your parents. Talk to your PAL. Losing extra weight and keeping it off is healthy. It helps you manage diabetes.

### Make sure your plans are up to date.

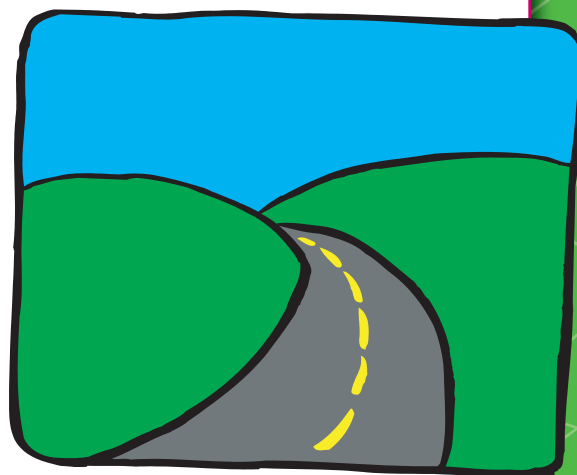
All of us have to make sure our plans are workable. We do it at school. Sports teams do it before every game. Then they know how to react when a situation comes up. And that's what you can do. Here's how:

- ▶ First, set some *small goals* for every big challenge. Small goals help you move forward one step at a time.
- ▶ Keep your goals *clear and simple*. That way you know what you want to do.
- ▶ Make sure each goal is *realistic*. If a goal isn't doable, you'll just get discouraged.

- ▶ *Make a plan* to help you reach every goal. If your goal isn't linked to a plan, it's just wishful thinking.
- ▶ *Use your problem-solving skills* to deal with any barriers you expect. *Are you concerned about keeping track of your behaviors? About getting enough GREEN activity? About limiting RED foods?* If so, make a plan. Your parents can help you problem-solve in advance to meet each challenge.
- ▶ *Keep track of your progress*. Making a chart is a great way to keep a record.
- ▶ *Stick with a goal* until you reach it, even if it takes longer than you planned. Don't give up on your goal. Just push back your schedule.
- ▶ *Praise and reward yourself* each time you meet a goal. Food should never be a reward.

### Skills and Goals for moving on with confidence

- ▶ Think about challenges I face now.
- ▶ Set small goals that will help me work toward a big goal.
- ▶ Link my goals and plan to a schedule.
- ▶ Use all my resources to meet my challenges.
- ▶ Ask friends and family for support.



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

---

---

---

# Move On with Confidence

## Weight Goal

*Let's look at how much weight you have lost so far. Then let's see how much you would like to lose over the next 6 months. Fill out this chart. Then talk to your parents and your PAL. What's the right goal for you?*

Your weight at the start of the program	
Your current weight	
How much your weight has changed	
Your weight goal	
If you would like to continue losing weight, how much weight would you like to lose each week?	

## What Are Your Biggest Challenges?

*Use this chart to plan for your biggest challenges. List 1 specific challenge in each area. Then mark how concerned you are about each challenge.*

*1 = not very concerned.  
2 = somewhat concerned.  
3 = very concerned.*

Activity	The Specific Challenge	Level of concern		
		1	2	3
<i>Eating healthy</i>	<i>Cutting down on RED foods at school</i>		X	
<i>Getting GREEN activity</i>	<i>Sticking to a schedule during vacation</i>	X		
Keeping track				
Eating healthy				
Getting GREEN activity				
Staying motivated				
Getting enough support				
Handling new situations				

## What Are Your Resources?

*Write down your resources for doing well in each area. Include people, resources like the Food Reference Guide, and your skills.*

Activity	My Resources
Keeping track	
Eating healthy	
Getting GREEN activity	
Staying motivated	
Getting enough support	
Handling new situations	

## Your Plan For Meeting New Challenges

*Write down one of your challenges. Then write down your goal. Break your big goal into smaller goals. Use the "Progress" column to keep track of how well you met your goal. This form will help you keep track of the big picture.*

My Challenge:

My Goal:

Step	Small Goals	Progress
1		
2		
3		
4		

My Challenge:

My Goal:

Step	Small Goals	Progress
1		
2		
3		
4		

# Move On with Confidence

## Moving On With Confidence

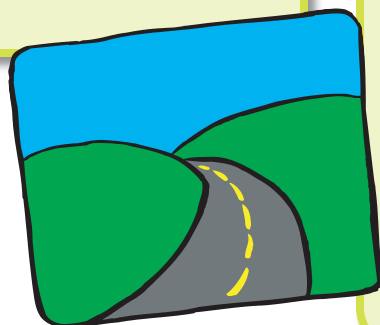
As you move into the next phase, things will stay pretty much the same. You will still:

- ▶ Focus on 4 Key Goals.
  - ▶ Limit RED foods
  - ▶ Increase GREEN activity
  - ▶ Hold Family Meetings
  - ▶ Keep Track of Weight
- ▶ Meet with the PAL every month from now on.
- ▶ Stay in touch by phone.
- ▶ Continue to get helpful written materials every month.
- ▶ Do more on your own.
- ▶ Get support from family and friends.
- ▶ Use the skills you have learned.

## What are the biggest challenges you expect to face?

Making a plan will help you meet them. Here are some areas to think about:

- ▶ Keeping track of your behaviors
- ▶ Eating healthy
- ▶ Getting enough GREEN activity
- ▶ Staying motivated
- ▶ Getting enough support
- ▶ Handling new situations



## Remember the 6 steps in problem-solving?

First you set a small goal. Then you:

1. Identify the specific barrier.
2. Brainstorm solutions.
3. Compare solutions.
4. Make a plan.
5. Put the plan to work.
6. Evaluate how the plan worked.



## Tips for making a plan that works

- ▶ Keep your plan *simple and clear*. It should say:
  - ▶ *What* you want to do
  - ▶ *How* you will do it
  - ▶ *When* you will do it
  - ▶ *Where* you will do it
  - ▶ *Who* will do it with you
  - ▶ *Why* you want to do it
- ▶ Keep your plan *realistic*. It's not realistic to say you will cut out all your RED foods so you can lose 30 pounds in a month. It is realistic to say you will cut out enough RED foods to lose a pound a week.
- ▶ Put your goals on a *schedule*. Progress comes one step at a time.
- ▶ *Check* your plan out. Talk to your parents and your PAL about it. Ask them:
  - ▶ *Does this make sense to you?*
  - ▶ *Is it realistic to think I can do this?*
  - ▶ *What are your suggestions for me?*
  - ▶ *How can you help me follow my plan?*