

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

The TLP Rewards Program

LIFESTYLE MAINTENANCE PHASE



TLP Rewards Program Summary

What are my child's goals now?

Your child will continue to do the same healthy behaviors. Your child and your PAL will set smaller, step-by-step goals every two weeks.

Keeping Track of Goals

Go over these tips with your child:

First, keep track of your lifestyle behaviors each day.

- ▶ Mark the number of RED foods you eat each day.
- ▶ Mark the number of minutes of GREEN physical activity you get each day.
- ▶ Mark which days you had a family meeting.
- ▶ Mark each day you weigh and graph your weight.

Then compare your daily totals with your goals.

Your PAL will review your log and goals when you meet. Your PAL will confirm your points. That will make your points official.

Earning Rewards

Your child can earn points for rewards by:

- ▶ Limiting RED foods
- ▶ Increasing GREEN activity
- ▶ Holding Family Meetings
- ▶ Keeping Track of Weight

Earn Points Day-By-Day

Whether or not he loses weight, your child can earn points every day he:

- ▶ Has a family meeting. He can earn 1 point each day.
- ▶ Weighs and graphs his weight at least once a week. He can earn 7 points!

To be able to get other points, your child must meet his weight goal. If he does this, he can earn 1 point for each day he:

- ▶ Meets his RED food goal.
- ▶ Meets his GREEN physical activity goal.

Reward your child as soon as you can after she earns a reward.

Earning Monthly Bonus Points

Just like before, your child can also earn bonus points by meeting her weight goals each month.

If her goal is to continue to lose weight:

- ▶ She can earn 50 bonus points by losing 4 pounds over 4 weeks.
- ▶ Or, earn 25 points by losing 2 pounds over 4 weeks.

If her goal is to stay at the same weight, she can earn up to 50 bonus points every 4 weeks by keeping the weight she has lost off.

She can add bonus points to the points she earned each week. She can use all these points to pick rewards from her new Rewards Chart.

TLP Rewards Program

It's hard work to change behaviors that you are used to doing. It can be slower than you would like. It's a step-by-step process. That's why your child gets to earn rewards for progress along the way. Your child is working hard and making progress. That step-by-step effort should be rewarded!

PARENTS ASK:

What's different about the program now?

Not so much, and that's important to keep in mind.

You and your child have learned how to do things differently. This helped your child lose weight. It helped your child manage diabetes. Now you and your child will continue doing the same healthy behaviors. That's how to make them lifetime habits.

Your child will keep moving forward by doing healthy eating and GREEN activity. Maintaining these healthy lifestyle behaviors will help your child:

- ▶ Keep control of diabetes.
- ▶ Stay at his present weight—if that's what he decides to do.
- ▶ Continue to lose weight—if that's what he decides to do.

PARENTS ASK:

What are my child's goals now?

She will continue to do the same healthy behaviors. These behaviors help her lose weight and manage diabetes. Your child has 4 key goals now. She will:



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

Just like before, your child will earn points for Family Meetings, for meeting RED food goals, and for meeting GREEN activity goals.

Keeping Track of Weight is a new goal. But it's not a new



Your child is working hard and making progress. That step-by-step effort should be rewarded!

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

- ▶ How the TLP Rewards Program stays the same
- ▶ Changes in the TLP Rewards Program during maintenance
- ▶ Daily points
- ▶ Monthly bonus points



behavior. She's been doing it all along. What's different is that now it's a goal. She will earn points for doing it. Why? Checking her weight at least once a week will show her how well she is doing her healthy eating and activity behaviors.

PARENTS ASK:

How does the Rewards Program work now?

Just like before, your child earns 1 point for every day you have a family meeting. Your child can earn 7 points by weighing herself and graphing her weight at least once a week. These points do not depend on losing weight.

Just like before, your child can earn points by meeting her goals for RED foods and GREEN activity. To be able to get these points, your child must meet her weight goal. If your child meets her weight goal, she can earn:

- ▶ 1 point every day that she meets her RED food goal.
- ▶ 1 point every day she meets her GREEN activity goal.

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

It's possible to earn up to 28 points each week! This is the same number of points she could earn before. It's more than enough for a small reward each week. Just like before, your daughter will keep track of the goals she met. Just like before, the PAL needs to OK the points to make them official. The PAL can do this every other week when you meet.

PARENTS ASK:

How will my child set goals?

To help your child meet the 4 Key Goals, he will set smaller, step-by-step goals. Every two weeks he will talk to his PAL about his eating and activity goals. Your son's RED food goals will decrease until he is eating no more than 3 RED servings a day. GREEN activity minutes will gradually increase.

Some weeks your son's goals will stay the same. Some weeks they will change. As long as he is heading in the right direction—eating healthier, being more active, and losing weight—this is something he can work out with the PAL.

Something else *may be different*. Your child may have a different weight goal.

- ▶ Your child may decide to continue to lose one pound each week.
- ▶ Your child may decide to lose less weight each week.
- ▶ Your child may decide to stay at his present weight—if he has met his weight loss goal and is at a healthy weight. The PAL will let you know what this weight is.



PARENTS ASK

How will my child keep track of the goals he reaches?

Your child has been keeping track of goals for six months now. He can continue doing it the same way. He can use the same Lifestyle Log. But at times he may decide to use a different Lifestyle Log. This is something to talk to the PAL about.

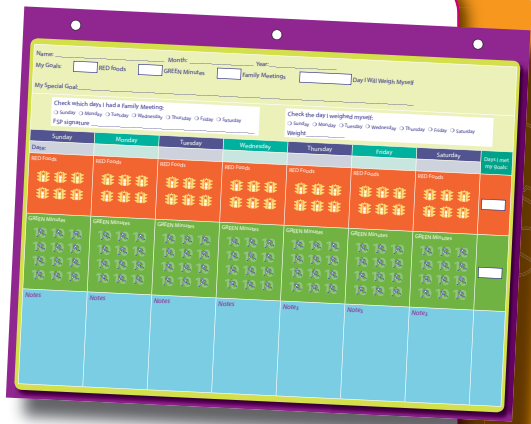
If your child does use the new log, he will not record all the foods he eats. He will not record calories. Keeping track of just RED foods will take less time. It should have the same results. If he eats fewer RED foods, he will eat fewer calories.

There will be fewer goals for your child to keep track of if he uses the new Log. He will do it the same way. First, he will keep track of healthy lifestyle behaviors each day.

- ▶ In the RED Foods section, he will mark off a red traffic light for each RED food he eats that day.
- ▶ In the GREEN Minutes section, he will put an "X" for every 10 minutes of activity he does that day.
- ▶ He will mark each day he has a family meeting with you. Review his progress at your family meeting and sign the Lifestyle Log.
- ▶ He will mark each day he weighs and graphs his weight.

He will compare his RED food and GREEN activity daily totals with his goals. Then he will write down the number of days he met his RED food goals. Also, he will write down the number of days he met his GREEN activity goals.

You, your child, and your PAL will use the log page to talk about how your child is doing. It will show what your child is doing well, what the challenges are, and how to meet them. This will help your child meet his goals and set new goals. Your PAL will also review the log with you and your child to confirm the number of points he has earned.



- Small reward = **25 points**
- Medium reward = **50 points**
- Large reward = **100 points**

EARNING POINTS DAY-BY-DAY

Whether or not your child loses weight, she can **earn points when she:**

Has a family meeting. She can earn 1 point each day.

Weighs and graphs her weight at least once a week. She can earn 7 points!

To earn other points, she must meet her weight goals. If she does this, she can

earn 1 point for each day she:

Meets her RED food goal.

Meets her GREEN physical activity goal.

Alicia's Lifestyle Log

After keeping track of her eating and activity behaviors each day, Alicia wrote them down on her Lifestyle Log.

Alicia and her PAL set a goal of 3 RED foods per day, and 30 minutes of GREEN activity each day and marked it on her Log. They agreed she would weigh herself on Thursday. They set a goal to have at least one family meeting a week.

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

Name: Alicia Month: March Year: 2005
 My Goals: 3 RED foods 30 GREEN Minutes 1 Family Meetings Thursday Day I Will Weigh Myself
 My Special Goal: _____
 Check which days I had a Family Meeting:
 Sunday Monday Tuesday Wednesday Thursday Friday Saturday
 FSP signature Alicia's Mom
 Check the day I weighed myself:
 Sunday Monday Tuesday Wednesday Thursday Friday Saturday
 Weight 200

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Days I met my goals:
Date: 3/13	3/14	3/15	3/16	3/17	3/18	3/19	
RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	4
GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	5
Notes	Notes	Notes	Notes	Notes	Notes	Notes	

Alicia met her RED food goals on 4 of the 7 days. She met her physical activity goal on 5 days. She 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 15 of the possible 21 times. She also weighed herself. That gave her another 7 points. She earned 22 out of a possible 28 points that week! She was eager for her PAL to OK her points.

Alicia's mother checked on her every day. She often said, "I'm so proud of you, Alicia. You're trying hard and making a lot of progress." Hearing praise from her mother made Alicia want to keep trying hard.

To earn points for meeting RED food or GREEN activity goals, your child must also meet her weight goals.

PARENTS ASK:

Is it still necessary to give rewards? Isn't losing weight its own reward?

It's more important than ever for your child to be able to earn rewards. If losing weight were its own reward, people wouldn't be so overweight.

Keeping off the weight you've lost can be difficult. Many people who lose weight regain it within months. At first they make progress. They feel good about it. Then they stop doing the things that helped them lose weight in the first place.

It's hard for kids to stick to a program that takes a lot of work. It's even harder when friends aren't doing it. You and your family may be all the support your child gets. That's why rewards are so important.

It's hard to keep making changes if you don't get rewards along the way.

PARENTS ASK:

When should I give my child a reward? She gets pushy and seems to want it right away.

As soon as you can. Of course, you, your child, and the PAL must agree that your child has earned it.

It's important to do it quickly. That's what will motivate your

child to keep working hard. If a reward is delayed too long, your child may get discouraged. She may not believe that you are really going to do it. She may not believe you care.

So it's OK if she pushes. It's a sign that she really wants the reward. Receiving rewards that she likes will keep her going. Remember, making changes is hard work. She needs rewards along the way.

Here's a good rule of thumb. A reward should be awarded within a week of being earned.

Of course, you should never give a reward until your child has earned it. That would defeat the whole purpose of giving rewards for making lifestyle changes.

PARENTS ASK:

What should I do if my child misbehaves? I don't want to reward bad behavior.

You're right. You shouldn't reward misbehavior.

But your child needs to receive every TLP reward she earns. That's what makes the program work. It's important. Even if she does misbehave.

So if your child does something to deserve a punishment, don't

cancel her TLP reward. Find some other way to punish her.

For example, your child has earned a sleepover. But she doesn't do her chores. Let her have the sleepover she has earned. You could add more chores. She would have to do all these chores before she gets to see friends. Or she can stay home the next time she would get to do a social event with friends.

PARENTS ASK:

What can I do to help?

Be sure to go over the log at your family meetings. Praise your child if things are going well. Help your child identify the barriers if things aren't going so well. Then you can help your child make a plan to get back on track.

Your help is more important than ever. You aren't meeting with the PAL as often. Your child is trying to learn to be his own coach for healthy eating. That can be a challenge. That's why your help and support is so important now.

PARENTS ASK:

What about bonus points? Can my daughter still earn points for keeping off the weight she has lost?

Yes. It's very important to reward your child for keeping off the weight she has lost. That's why your child can also earn bonus points. Just like before, she can do this by meeting her weight goals each month.

- ▶ If your child's goal is to continue to lose weight:
 - ▶ She can earn 50 bonus points by losing and keeping off an additional 4 pounds every 4 weeks. This puts her in the 50 point range.
 - ▶ Or, she can earn 25 points by losing and keeping off 2 additional pounds every 4 weeks. This would put her in the 25 point range on her weight graph.

- ▶ If her goal is to stay at her present weight, she can earn up to 50 bonus points every 4 weeks by keeping the weight she has lost off.
- ▶ Your child can add her bonus points to the points she earned each week. She can use all these points to pick rewards from her Rewards Chart.

Be sure to remind your child that she can earn bonus points. She just needs to meet her weight goals every 4 weeks. Earning these extra points will help her stay enthusiastic.

PARENTS ASK:

Should we change the Rewards Chart for my child?

Yes. Meet with your child and update her Rewards Chart. Use a fresh copy of the same form you used for her Rewards Chart in the Lifestyle Change Phase.

Ask your child what rewards she wants to earn now. She may want to keep most of the rewards on her Reward Chart. But there may be some new rewards she would like to earn. Interests change as your child's life changes. Even the time of year can make some rewards more important than others.

You and your child will also need to agree about the number of points it will take to earn each reward. Be careful to have a good mix. You want some rewards that your daughter can earn in a week or two. You want some that take longer because they are bigger.

How to help yourself

- ▶ Set small goals for healthy behaviors.
- ▶ Make a Rewards Chart for yourself.
- ▶ Reward yourself when you reach your goals.

Reward Yourself

If you are making healthy lifestyle changes, you can help keep yourself going by setting up a reward system for yourself. Do it just like the way you helped your child do it. List some ways you would like to reward yourself, assign them points, and start earning these rewards.

You can get your friends and family to help you. For example, you can have a friend or your spouse agree to go to a play or sporting event when you reach a goal. Or you can ask a friend to join you for an evening of dancing after reaching a goal. Take time now to list some of the rewards you would like to give yourself.

How to help your child

- ▶ Have Family Meetings often.
- ▶ Make a new Rewards Chart with your child.
- ▶ Make sure your child gets the rewards she earns.
- ▶ Praise and encourage your child.

Tyrone's Weight-Loss Goals

Tyrone wanted to earn bonus points. He lost 4 pounds during the first month. He kept the weight off. That earned him 50 bonus points. After 8 weeks he weighed 211. He was disappointed. He didn't lose enough weight to earn 50 bonus points. He didn't think he'd earned any bonus points.

"That's not right," said his father. "You get 25 bonus points because your weight is 1 pound under the weight you need to earn 25 bonus points."

Tyrone didn't understand. "But I only lost 1 pound this month. Not 2," he said.

"Look at the graph. Your weight is under the 2-pound or 25 point line. This means you have lost and kept an average of 2 pounds off you each month so far. That earns a 25 point reward," his father said.

"Now it makes sense. It isn't just what I do over the last 4 weeks. It's how well I do from my starting weight," he said.

"Yes," said his father. "But the important thing now is to get back on track so that you can meet your weight goals next month. We'd better make a plan."

Why can your child earn bonus points for meeting weight goals every 4 weeks? Because losing weight and keeping it off is hard work—and it's an important way to manage diabetes.

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	216	216	216
4	212	214	212
8	208	212	211
12	204	210	207
16	200	208	203
20	196	206	198
24	192	204	194

WEIGHT GRAPH

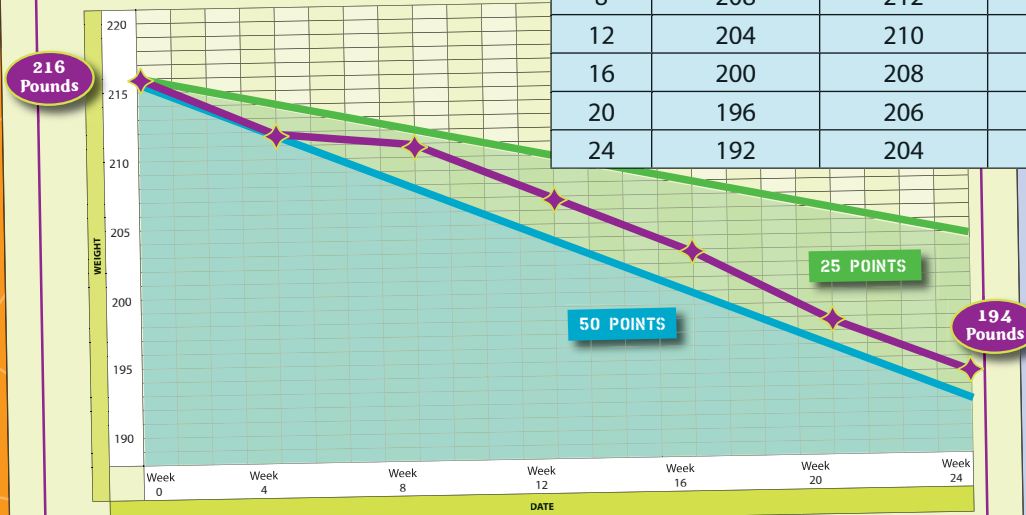


TLP Rewards Program

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	Bonus Points
0	216	216	216	0
4	212	214	212	50
8	208	212	211	25
12	204	210	207	25
16	200	208	203	25
20	196	206	198	25
24	192	204	194	25

WEIGHT GRAPH



Why did Tyrone earn 50 bonus points in week 4?

Why did Tyrone earn 25 bonus points in week 12?

Map Out Your Child's Weight Goals

Fill in the blanks to plot your weight goals.

How much does your child weigh now?	_____
What is your child's weight goal for the next 6 months?	_____
How would you feel if your child met this goal?	_____
Do you think your child can meet this goal?	___ Yes ___ No ___ Maybe
Why?	_____

Identify Rewards that Work

Write down some of the rewards that your child has already earned. Write down the number of points it took to earn each reward. What rewards did your child choose most often? Check them off. These are the rewards that may be most important to your child. Keep them in mind when you help your child make a new rewards chart.

Reward	Points	Personal Favorites

Reward Quickly

It's important that your child receives a reward soon after earning it. Why is this true?

New Rewards

Things change. So do the rewards your child may want to earn. What are some new rewards that you think your child might like to have? Write them down. Talk with your child about them.

Idea

TLP Rewards Program

Map Out Your Own Weight Goals

Fill in the blanks to plot your weight goals.

How much do you weigh now?

What is your weight goal for the next 6 months?

How would you feel if you met your goal?

Do you think you can meet this goal?

Yes No Maybe

Why?

