

# MY GOAL THIS MONTH

Changing habits can be hard. You have a lot to do already if you have diabetes. Writing down what you want to change can help. You are also more likely to succeed if you pick the habit you want to change.



Here is a list of things you can do that will help you control your blood sugar. Check the box next to your goal for this month.

- I will eat breakfast every day.
- I will eat my meals slowly and only eat one serving.
- I will walk at least 30 minutes every day.
- I will eat only regular-size meals at fast-food restaurants.
- I will drink water or diet soda - not regular soda or drinks with sugar.
- I will eat only healthy snacks (such as vegetables, a small piece of fruit, 1/4 cup of unsalted nuts)
- I will watch TV no more than 3 hours a day.



Write in your own goal.

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Put this on the refrigerator or wall to remind you of your goal. New habits take time. You don't have to be perfect. Do your best and stick with it.

## YOU CAN CHANGE! START TODAY.