

Make A Move: Set a Goal

You cannot get some place you want to be if you do not know the way! Having a goal is like using a map, it's a good tool for staying on the right track. But, if you don't look at your map you can get lost. So, use this tool like a map to help you stay on course! **Check yourself and ask, "How am I doing with my goal this week?"** It will help you be in the driver's seat and get where you want to be when it comes to taking care of your diabetes.



Who? **YOU!** Name _____



What? I will _____



When? I will do it _____ (time of day/days of week)



How much? I will do it for _____ each time



Where? I will do it at _____



Why? I want to do this because _____



This will be hard for me because _____



This will be easy for me because _____



If I need a little help I can _____



I feel I am going to do what I said

0

1

2

3

4

5

6

7

8

9

10

Not at all

Maybe

Likely

For sure



When I finish I will treat myself by _____