

Personal Contract

Keep this contract as a reminder of your commitment to the Eat, Move, Choose Plan and reversing your diabetes.

Scan to find the contract online.



I vow that over the next 12 weeks I will learn and follow the steps to better blood sugar management and weight loss in the Eat, Move, Choose Plan.

MY GOALS

My weight loss goal over the next 12 weeks (up to one pound a week is an appropriate target for most people): _____

My blood sugar goals over the next 12 weeks (discuss what goal is reasonable for you with your doctor or certified diabetes educator):

Fasting glucose: _____

A1C: _____

MY STRATEGIES

To reach these goals, I agree to:

1. Adopt the plan's strategies for getting more vegetables, fruit, whole grains, lean protein, low-fat dairy products, and good fats into my diet and for cutting back on saturated fat, trans fat, and refined carbohydrates.
2. Follow the Plate Approach at every meal to control portion sizes and calories.
3. Walk most days of the week and build up to performing the Sugar Buster Routine twice a week.
4. Make a good night's sleep a priority.
5. Practice a self-care technique every day.
6. Track my progress using the Reverse Diabetes tools.
7. Plan my meals in advance using the Reverse Diabetes tools.
8. Note my successes as well as my failures at the end of each week; I promise to cheer myself on every step of the way.

MY MOTIVATION

Here's why I want to do all I can to manage my diabetes:

1. _____

2. _____

3. _____

Signed: _____

Date: _____

Witness (optional): _____