

# My Diabetes Action Plan for T2D



## Why an action plan matters

A personalized diabetes action plan helps you stay organized, track progress, and make small, consistent changes. Setting realistic goals and monitoring your results can improve blood glucose control, prevent complications, and build confidence in managing type 2 diabetes.

## How to set effective goals

- Clearly define what you want to achieve (e.g., walk 20 minutes, five days a week)
- Choose goals you can track (e.g., check blood glucose before meals for 1 week)
- Start with small steps rather than drastic changes
- Focus on what matters most for your health and lifestyle
- Set a timeline to achieve the goal (e.g., 4 weeks, 3 months)
- Break larger goals into smaller, manageable steps for steady progress.

## What is the goal?

To help you set realistic goals, track progress, and make better choices every day.

## Tracking progress

Monitoring your progress helps you identify patterns, celebrate successes, and adjust strategies when needed:

- Record blood glucose readings, meals, activity, sleep
- Keep a journal or digital app to track trends over time
- Note stress, illness, or other factors that affect glucose
- Learn from setbacks - adjusting your plan is part of progress
- Review progress with your healthcare team regularly and ask your team for guidance if you struggle

## Staying motivated

- Celebrate small achievements to maintain momentum
- Share goals with family, friends, or a support group
- Focus on healthy habits, not perfection
- Reward yourself with non-food treats for milestones (e.g., new workout gear, a relaxing activity)
- Be patient - lasting change takes time

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist