



## Keeping Active Goals

There may be changes you would like to make to the amount or type of physical activity you do to help you manage your diabetes. You might like to use the Keeping Active Goals form on the next page to help you think about the things you would like to achieve, and how you will work towards them.

## My keeping active goals



Use this form to set yourself goals to work towards on a monthly basis. It is best to take small steps gradually rather than try to change everything at once. If you don't meet your monthly goal, don't worry about it, just set a new goal for the next month and try again. Here's an example to get you thinking.

### My goal for this month is:

Go walking twice a week

How did I do?	What problems did I have?	How could I solve them?
I went walking 6 times this month	I felt a bit bored and didn't want to go walking after dark	Maybe ask a friend or family member to come with me for company and safety

You can talk to your Doctor or other Diabetes Healthcare Professional if you would like more help and advice.

You can download more copies of this form from  
[www.diabetes.org.uk/scotland/diabetesandme](http://www.diabetes.org.uk/scotland/diabetesandme)



**My main aim for keeping active is:**

**Month 1** .....

**My goal for this month is:**

How did I do?	What problems did I have?	How could I solve them?

**Month 2** .....

**My goal for this month is:**

How did I do?	What problems did I have?	How could I solve them?

## Month 3

My goal for this month is:



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How did I do?	What problems did I have?	How could I solve them?

## Month 4

My goal for this month is:

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How did I do?	What problems did I have?	How could I solve them?



## Healthy Weight Goals

There may be things about your weight you would like to change. You might like to use the Healthy Weight Goals form on the next page to help you think about the things you would like to achieve, and how you will work towards them.

## My healthy weight goals



Use this form to set yourself goals to work towards on a monthly basis. It is best to take small steps gradually rather than try to change everything at once. If you don't meet your monthly goal, don't worry about it, just set a new goal for the next month and try again. Here's an example to get you thinking.

### My goal for this month is:

Only eat one bar of chocolate each week

How did I do?	What problems did I have?	How could I solve them?
Ok in week one and two but struggled in the rest of the month	I bought extra chocolate while out shopping with the children	Don't shop when I'm hungry and ask for support when I'm tempted

You can talk to your Doctor or other Diabetes Healthcare Professional if you would like more help and advice.

You can download more copies of this form from  
[www.diabetes.org.uk/scotland/diabetesandme](http://www.diabetes.org.uk/scotland/diabetesandme)



**My main aim for having a healthy weight is:**

**Month 1** .....

**My goal for this month is:**

How did I do?	What problems did I have?	How could I solve them?

**Month 2** .....

**My goal for this month is:**

How did I do?	What problems did I have?	How could I solve them?

## Month 3

My goal for this month is:



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How did I do?	What problems did I have?	How could I solve them?

## Month 4

My goal for this month is:

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How did I do?	What problems did I have?	How could I solve them?