

Participant Guide

Track Your Activity

Tracking your minutes of activity each day can help you prevent or delay type 2 diabetes.

Tips:

- ▶ Use your Fitness Log to track your minutes of activity each day.
- ▶ Show it to me at the start of each session.
- ▶ Track activity of at least a moderate pace. That means you can talk through it, but you can't sing through it.
- ▶ Include everyday activities, like sweeping the floor briskly and mowing the lawn.

How to Track Your Activity

Ways to time your activity:

- ▶ Watch
- ▶ Clock
- ▶ Timer
- ▶ Fitness tracker
- ▶ Smart phone apps
- ▶ Computer apps

Ways to record your minutes of activity:

- ▶ Spiral notebook
- ▶ Spreadsheet
- ▶ Fitness tracker
- ▶ Smart phone apps
- ▶ Computer apps
- ▶ Voice recording



Ultimately, you'll want to record your minutes in your Fitness Log.

How to Cope With Challenges

It can be challenging to track your activity. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I’m too busy.	<input type="checkbox"/> Make time to track. <input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I have trouble reading and writing.	<input type="checkbox"/> Record your voice with a smart phone or other device. <input type="checkbox"/> Ask your coach, friends, or family members to write your minutes on your Fitness Log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I keep forgetting.	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Put a reminder on your phone or computer. <input type="checkbox"/> Set a timer. <input type="checkbox"/> Leave yourself notes where you’ll see them. <input type="checkbox"/> Ask friends and family to remind you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don’t like to track.	<input type="checkbox"/> Post your results on the wall or online. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your activity goals. <input type="checkbox"/> Compete with a friend. See who can do the most minutes of activity. <input type="checkbox"/> Try smart phone and computer apps.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

