



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

### Stay Motivated to Prevent T2

**This module should be done at the six-month mark.**

## Stay Motivated to Prevent T2

### Session Focus

Staying motivated can help prevent or delay type 2 diabetes. This module helps participants reflect on their progress and keep making positive changes over the next six months.

**Please note: This module should be done at the six-month mark.**

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Reflect on how far they've come since they started this program
- ▶ Identify the group's next steps
- ▶ Set their goals for the next six months

## Materials Checklist

### You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

### Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Group and individual reports based on the most recent figures you have for each participant (ideally from the previous session)**
- Objects that show how many pounds the group (collectively) has lost so far (weights, bags of flour, cans of food, or sticks of butter)**
- Camera**

## Things to Do

### Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

### As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

### After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

## Module Outline

### Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review .....Page 6 ..... 10 Min
- Objectives .....Page 7 .....2 Min
- Look How Far You’ve Come! .....Page 7 .....20 Min
- Our Next Steps.....Page 11 ..... 10 Min
- Your Goals for the Next Six Months .....Page 12 .....8 Min
- Plan for Success .....Page 13 .....5 Min
- Summary and Closing .....Page 14 .....5 Min

## Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about staying motivated over the next six months.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↶ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> Does anyone have any questions for me about what we talked about last time?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► <b>SAY:</b> Staying motivated over the next six months can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ How far you've come since you started this program</li> <li>■ Our next steps</li> <li>■ Your goals for the next six months</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Look How Far You've Come!</b> (20 minutes)</p> <p>► <b>SAY:</b> Let's start by looking at how far you've come since you started this program six months ago.</p> <p> <b>DISCUSS:</b> What healthy changes have you made in your <u>eating</u>?</p> <p>What healthy changes have you made in your <u>fitness</u>?</p> <p>What <u>challenges</u> have you overcome to make those healthy lifestyle changes?</p>

Notes to Coach	Look How Far You've Come!
<p>.....</p> <p>This activity is optional.</p> <p>The report should include:</p> <ul style="list-style-type: none"> <li>■ Pounds the group has lost (starting total body weight minus most recent total body weight)</li> <li>■ Percent of body weight the group has lost (pounds the group has lost divided by total starting weight)</li> <li>■ Minutes of activity per week the group has gained (most recent total minutes minus starting total minutes)</li> </ul> <p>.....</p>	<p>.....</p> <p> <b>ACTIVITY:</b> Group Progress Report</p> <p>▶ <b>SAY:</b> Let's look at how much progress you've made as a group.</p> <p>↙ <b>DO:</b> Hand out a written report that gives the group's progress so far. Explain the report. Use a flip chart or white board, if you wish.</p> <p>.....</p>

Notes to Coach	Look How Far You've Come!
<p>.....</p> <p>This activity is optional.</p>  <p>.....</p> <p>This activity is optional.</p> <p>The report should include:</p> <ul style="list-style-type: none"> <li>■ Pounds the person has lost (starting body weight minus most recent body weight)</li> <li>■ Percent of body weight the person has lost (pounds the person has lost divided by their starting weight)</li> <li>■ Minutes of activity per week the person has gained (most recent minutes minus starting minutes)</li> </ul> <p>.....</p>	<p>.....</p> <p><b>* ACTIVITY:</b> Group Progress Objects</p> <p>↗ <b>DO:</b> Bring in objects that show how many pounds the group has lost so far. These could be weights, bags of flour, cans of food, or sticks of butter. Invite participants to pick them up.</p>  <p>.....</p> <p><b>* ACTIVITY:</b> Individual Progress Reports</p> <p>↗ <b>DO:</b> Hand out a written report to each participant that gives that person's progress so far. Explain the report. Use a flip chart or white board, if you wish.</p> <p>▶ <b>SAY:</b> This report is just for you. No one else will see it.</p> <p>.....</p>

Notes to Coach	Look How Far You've Come!
<p>.....            This activity is optional.</p> <p>.....</p>	<p>.....  <b>✳ ACTIVITY:</b> Group Photo</p> <p>↖ <b>DO:</b> Take a photo of the entire group.</p> <p>▶ <b>SAY:</b> I will give you a copy of this photo at the last session.</p> <p>.....</p> <p>▶ <b>SAY:</b> Some of you have reached your weight and activity goals. Others are still working toward them. But all of you have made great progress. I'm so proud of you, and I hope you're proud too.</p>

Notes to Coach	Our Next Steps (10 minutes)
<p>Your group can connect outside of session time. You can facilitate this by forming a social network and by setting up get-togethers. (See “Program Overview” for more details.)</p> <p>You could get support from:</p> <ul style="list-style-type: none"> <li>■ Family, friends, and coworkers</li> <li>■ Groups, classes, and clubs (online and in person)</li> <li>■ Professionals</li> </ul> <p>To learn more about getting support, see the handouts that go with the <i>Get Support</i> module.</p>	<p>▶ <b>SAY:</b> You’ve come so far since you started this program. And you’ve coped with many challenges along the way. Your next challenge is to stay motivated over the next six months. Let’s look at an example.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) “Marie’s Story” on page 3 of this module’s handouts.</p> <p>🗨️ <b>DISCUSS:</b> What might you find challenging about staying motivated?</p> <p>▶ <b>SAY:</b> Now let’s look at where this group is headed.</p> <p>↗ <b>DO:</b> Tell participants what to expect over the next six months of the program. Talk about the topics it will cover, how often the group will meet, and any get-togethers that will happen. Answer questions as needed.</p> <p>▶ <b>SAY:</b> Meeting less often can make it challenging to stay motivated. So I urge you to come to all the sessions that are left. And remember: There are other ways to get support.</p> <p>🗨️ <b>DISCUSS:</b> What are some other ways to get support?</p>

Notes to Coach	Your Goals for the Next Six Months (8 minutes)
	<p>► <b>SAY:</b> We've discussed this group's next steps. Now let's talk about <u>your</u> next steps. Please look at "Your Goals for the Next Six Months" on page 4 of this module's handouts.</p> <p>As you can see, your activity goal for the next six months is unchanged—to get at least 150 minutes of activity each week at a moderate pace or more.</p> <p>But you may want to revise your weight goal. Let's fill it out together.</p> <p>First, fill in what you weigh <u>now</u>. That's the weight I told you earlier today.</p> <p>Next, decide if you want to lose weight or maintain your weight in the next six months. Mark your choice on the handout.</p> <ul style="list-style-type: none"><li>■ If your goal is to <u>lose</u> weight, write the weight you will <u>reach</u>.</li><li>■ If your goal is to <u>maintain</u> your weight, write the weight you will <u>stay at</u>.</li></ul> <p>↗ <b>DO:</b> Help participants fill in their weight goal.</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>▶ <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about staying motivated.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"><li>■ Realistic</li><li>■ Doable</li><li>■ Specific</li><li>■ Flexible</li></ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
	<p>▶ <b>SAY:</b> Between now and the next session, please complete “Celebrate Your Success” on page 5. Write your ideas in the column that says “Other Ways to Celebrate.” Check off each idea you try.</p> <p>I’d also like you to complete “How to Cope With Challenges” on pages 6 and 7. Write your ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p>↗ <b>DO:</b> Answer questions as needed.</p> <p>▶ <b>SAY:</b> We have come to the end of our meeting. Today, we discussed staying motivated over the next six months. We talked about:</p> <ul style="list-style-type: none"> <li>■ How far you’ve come since you started this program</li> <li>■ Our next steps</li> <li>■ Your goals for the next six months</li> </ul>

## Notes to Coach



Things to Try at Home:

- Celebrate Your Success
- How to Cope With Challenges
- Action Plan

## Summary and Closing

 **DISCUSS:** Do you have questions about anything we talked about today?

► **SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.

**Meeting adjourned.**