Know your risk
action plan
My action plan

An action plan is a great way to set healthy goals and stick to them.

Think about **what** you want to do to eat better and move more, **why** it’s important to you and **how** you will achieve your goals.

**Eat better**
My personal goal is: ________________________________________________________________

________________________________________________________________________________

When will I reach my goal: _________________________________________________________

How will I reach my goal:

**Week 1** _______________________________________________________________________

________________________________________________________________________________

**Week 2** _______________________________________________________________________

________________________________________________________________________________

**Week 3** _______________________________________________________________________

________________________________________________________________________________

**Week 4** _______________________________________________________________________

________________________________________________________________________________

For more support and advice about reducing your risk of Type 2 diabetes, go to www.diabetes.org.uk/knowyourrisk
Move more
My personal goal is: ____________________________________________

______________________________________________________________

When will I reach my goal: ______________________________________

How will I reach my goal:

Week 1 ________________________________________________________

______________________________________________________________

Week 2 ________________________________________________________

______________________________________________________________

Week 3 ________________________________________________________

______________________________________________________________

Week 4 ________________________________________________________

______________________________________________________________

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My measurements

Keep track of how you’re getting on by noting down your measurements.

Decide how often you want to record these measurements.

<table>
<thead>
<tr>
<th>Week</th>
<th>BMI</th>
<th>Waist</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
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