

Know your risk action plan

**TYPE 2 DIABETES
KNOW YOUR
RISK**

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

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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