

SETTING GOALS CALENDAR

Use this calendar to write down things you want to accomplish related to managing your type 2 diabetes throughout the month. These can be things like exercising 3 times a week or eating a full week of type 2 diabetes–friendly meals. See page 2 for examples of ways you can fill out your calendar.

If you complete your tasks, cross them off with a **green line**. If you don't complete them, cross them off with a **red line**. At the end of the month, look at the calendar. If you have more green lines, you had a good month.

<h2>MONTHLY GOALS</h2>

MONTH:				YEAR:		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Please check with your doctor before starting or changing your exercise program and to understand what your nutrition goals should be.



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EXAMPLE

Please check with your doctor before starting or changing your exercise program and to understand what your nutrition goals should be.

MONTHLY GOALS

Exercise at least 3 times a week.

Eat a full week of type 2 diabetes-friendly meals.

Write down my anchor to remind me why I'm trying to accomplish the things on my calendar.

Take my medication as prescribed by my health care provider.

MONTH:				YEAR:		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Do a D-Fit workout		Go for a swim		Go for a bike ride	Make healthy lunches for the week
Go for a bike ride		Make Franklin's meatball recipe	Go for a 30-minute walk	Do a D-Fit workout	Go for a run	Go for a 30-minute walk
Do a D-Fit workout		Go for a run	Go for a swim		Go for a 30-minute walk	
	Go for a 30-minute walk		Do a D-Fit workout	Go for a bike ride		Go for a swim
		Go for a bike ride	Go for a 30-minute walk	Do a D-Fit workout	Make Franklin's meatball recipe	Do a D-Fit workout