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.

MONTHLY GOALS

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

#### 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.

<table>
<thead>
<tr>
<th>MONTH</th>
<th>YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
</tr>
<tr>
<td><strong>Exercise at least 3 times a week.</strong></td>
<td><strong>Eat a full week of type 2 diabetes-friendly meals.</strong></td>
</tr>
</tbody>
</table>