WHY? ____________

Current Health and Wellness Behaviors
Long-term consequences of NOT managing my diabetes. List all:

Optimal Health and Wellness Behaviors
Long-term benefits of managing my diabetes. List all:

Incremental Positive Steps I’ve Taken:

MyType2Transformation.com has videos and downloadable tools and resources you can use to help transform the way you manage your type 2 diabetes. Check it out now.

Marlene Boas is a paid spokesperson of Novo Nordisk.