

Review

Let's review what you've accomplished so far as a diaBeater!

**This is what I learned during
today's session.**

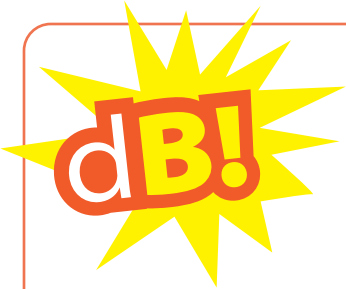
**This is what I hope to achieve
by attending all sessions**



Exercise Chart

What are your habits? Do you want to get rid of some old ones? Gain new ones?
Fill out this worksheet and let's see what kind of changes you can make!

Habit	Have It	Need It	Lose It
Brushing my teeth			
Flossing			
Exercising daily			
Going to bed on time			
Drinking 8 glasses of water daily			
Finishing homework			
Keeping my room clean			
Making time for hobbies			
Taking medications			
Eating to stay healthy			
Recycling			
Biting nails			
Other			
Other			
Other			
Other			



Shopping List

Check off every snack you'd like to try. When you have filled every checkbox, you win!

☐

Berries (fresh)
8 ounces

☐

Cheese Slice (lowfat)
1 piece

☐

Fruit (fresh)
1 piece

☐

Gelatin
4 ounces

☐

Graham Crackers
3 crackers

☐

Hummus (as Veggie Dip)
4 ounces

☐

Lowfat Yogurt
1 cup

☐

Popcorn (air-popped)
3 cups

☐

Pretzel Sticks
2 sticks

☐

Pudding
4 ounces

☐

Rice Cakes (large)
2 pieces

☐

String Cheese (lowfat)
1 piece

☐

Raw Veggies (snack cut)
2 sandwich bags

☐

Other

☐

Other

☐

Other



Activity Levels

Circle the boxes that best describe your level of activity. Your social worker will then talk to you about how to increase activities.

Couch Potato

Help with Household chores (make your bed, sweep the floor, etc.).

Help carry groceries or laundry home.

Go for a walk with younger relative or pet around the block.

Exercise during TV commercials (jumping jacks, jump rope, hula hoop).

Play actively for 10 to 15 minutes a day.

Moderate Mover

Actively participate in gym class and recess time

Actively play with friends (tag, sledding, catch, dodge ball, biking, etc.).

Try a team sport (soccer, baseball, basketball, football, etc.).

Be physically active for at least 15 minutes a day.

Olympic Potential!

Join a sports team at school.

Set up your schedule for working out alone or with your friends.

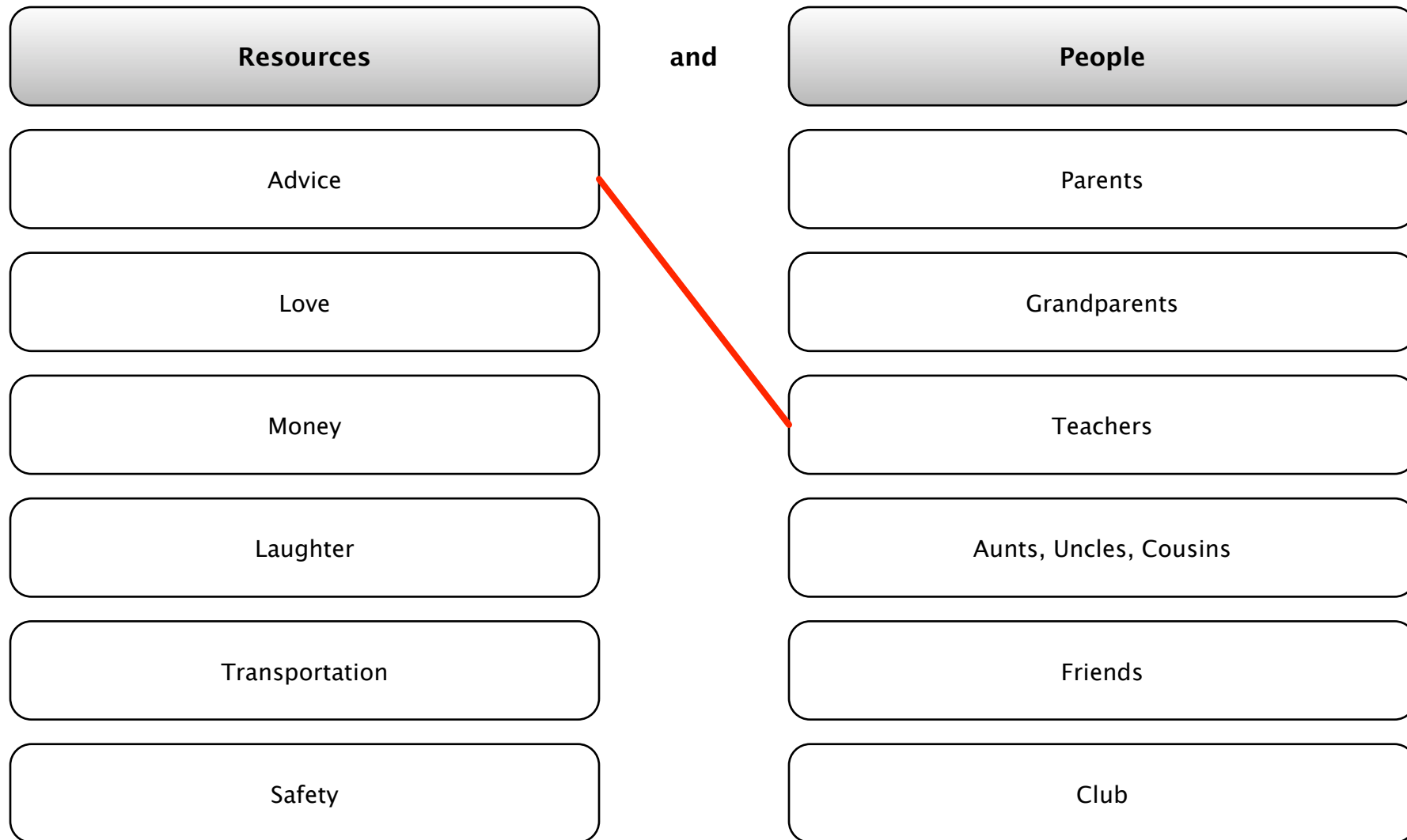
Challenge yourself to excel at one of your favorite activities (skateboarding, dancing, etc.).

Be physically active for at least 30 minutes a day.



Social Support

Draw lines that connct the resources you need and get from people you know.





Parents' Quiz

Take this quiz with your children. When you are done, compare answers with the social worker. did you match your answers?

I wish we ate dinner together:

☐

more often.

☐

sometimes.

☐

never.

We settle family disagreements by:

☐

discussing
things.

☐

fighting
about it.

☐

ignoring
things.

My children do what I ask them to do:

☐

right away.

☐

when I
remind me more
than once.

☐

when I finally
start yelling.

I wish I had an open relationship where
my children could ask for advice
or discuss things:

☐

without getting
yelled at or worry
about getting
punished

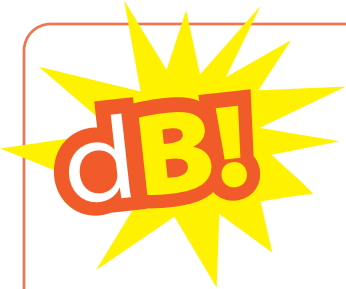
☐

no, they'd
rather not
ask or tell.

☐

my kids are
afraid of me.

My favorite way to spend a "free day"
(Saturday, Sunday) with my family
is by doing:



Kids' Quiz

Take this quiz with your parents. When you are done, compare answers with the social worker. did you match your answers?

I wish we ate dinner together:

☐

more often.

☐

sometimes.

☐

never.

We settle family disagreements by:

☐

discussing
things.

☐

fighting
about it.

☐

ignoring
things.

I do what my parent asks me to do:

☐

right away.

☐

when they
remind me more
than once.

☐

when they finally
start yelling.

I wish I had an open relationship where
I could ask my parents for advice or
discuss things:

☐

without getting
yelled at or worry
about getting
punished

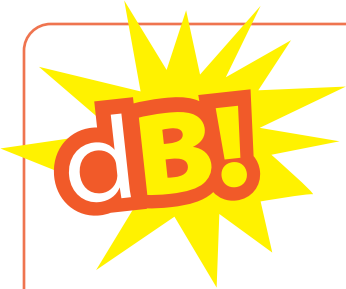
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no, I'd rather
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☐

I'm afraid
of my parent.

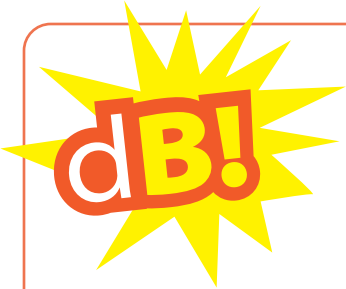
My favorite way to spend a "free day"
(Saturday, Sunday) with my family
is by doing:



Family Walk

Track your daily walking distances together as a family. Put this on your refrigerator.

	Week 1	Week 2	Week 3	Week 4	Weekly Total Miles
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
	Total Miles				



Emotions and Actions

Draw lines that connect the things you feel and what you do in response to those things.

Emotions

Frustrated

Angry

Bored

Sad

Happy

Scared

and

Actions

Take a break or time-out.

Talk to someone about it.

Breathe deeply to calm down.

Hit a pillow.

Go for a run.

Get up and do something fun.

Call a friend.

Snuggle.

Get a hug.

Take a bath

Listen to music.

Relax.



Cheat Sheat

Take what you've learned with your diaBeaters! cheat sheet. Cut, fold, and keep this business card–sized reminder in your purse, wallet, or wherever!

Use less fat or oil than the recipe calls for.

Use olive or vegetable oils or sprays instead of saturated fats like Crisco, lard, or butter.

Add more vegetables than the recipe calls for.

Use brown rice and whole wheat bread instead of white.

Broil meat, chicken, and fish instead of frying.

Trim off all the fat before cooking meats.

Substitute plain, lowfat yogurt for sour cream or mayonnaise.

Substitute lowfat cottage cheese or part-skim ricotta for cream cheese.

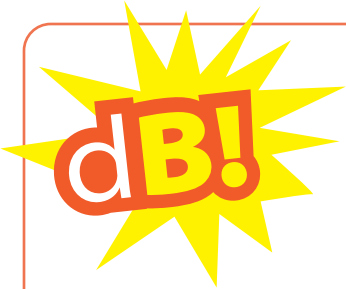
Have sorbet or frozen yogurt for desert instead of ice cream.

diaBeaters!

Healthy Shortcuts that Work!

Cut on the solid lines. Fold in half on the dotted lines.

diaBeaters!



The Half and Half Rule

You can eat healthier just by using the "Half and Half Rule." Just substitute half bad food with half healthy food.

Half of this

White Rice

Whole Milk

Regular Cereal

Mashed Potatoes

Mayonnaise

Ground Beef

with

Half of this

Brown Rice

Skim Milk

Bran Cereal

Mashed Turnips

Mustard

Ground Pork or Chicken



Let's Eat!

Check off everything you've ever tried. When you're done, begin to try some new foods. When you have filled every checkbox, you win!

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Beans (Any Kind) |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Brussels Sprouts |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Carrots | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Collards |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Orange | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Radish | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Red, Green Or Yellow Pepper | <input type="checkbox"/> Romaine Lettuce | <input type="checkbox"/> Spinach | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Tomato | <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Other |



What's Healthy?

Look at each set of three words and rewrite them in the order from most healthy to least healthy.

				Most Healthy	Less Healthy	Least Healthy
Potato Chips	Popcorn	Pretzels	▶	Popcorn	Pretzels	Potato Chips
Candy	2 Fig Newtons	Fruit Roll-Up	▶			
Frozen Yogurt	Ice Cream	Frozen Fruit Pop	▶			
Fruit Smoothie	Milkshake	Sugary Soda	▶			
Double Cheeseburger	Turkey Sandwich with Whole Wheat	Hamburger with Lettuce and Tomato	▶			
Cheeze Pizza	Vegetable Pizza	Pepperoni Pizza	▶			



Your Day

What does your day look like?

3:00 PM

Leave School

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

Go to Bed

Examples of Activities

Tutoring

Music Practice

Sports

Reading

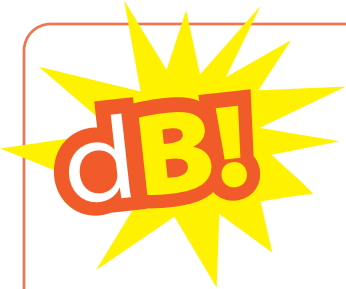
Listening to Music

Dancing

Part-Time Job

Chores

Anything You Want!



Review 2

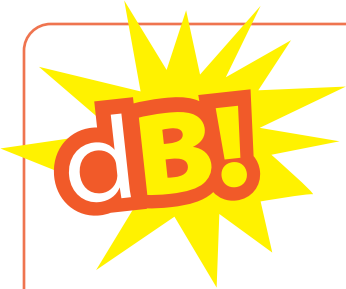
Let's review what you've accomplished so far as a diaBeater!

**This is what I achieved in
diaBeaters!**

**This is what I learned about
Type 2 Diabetes.**

**This is what i learned about
myself.**

**This is what I learned about
my family.**



Healthy Habit Plan

Put this take-home version of your new, detailed healthy habit plan on your fridge so you can follow it between sessions!

Habit

☐

1

☐

2

☐

3

☐

4

☐

5

Plan

Support Team

Start Date

My Progress and
Problems

Ideas for
Improvement