

YOUR NAME:



YOUR PERSONAL NOTEBOOK

Small Steps for Big Changes (SSBC) in the Community

A Lifestyle Change Program for Type 2 Diabetes Prevention



**SMALL STEPS
FOR BIG CHANGES**



**Diabetes Prevention
Research Group**

Get in Touch with your Counsellor!

NAME:

PHONE:

EMAIL:

My Schedule

		DATE	TIME
WEEK ONE	Day 1		
	Day 2		
	Day 3		

WEEK TWO	Day 4		
	Day 5		

WEEK THREE	Day 6		
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My Target HR Zone is:



Week One **Day 1**

Remembering Your Values

I joined ***Small Steps for Big Changes*** because:

Making healthy lifestyle changes is important to me because they
will allow me to:

My goals that will support my healthy lifestyle are:

Week One **Day 1**

My Action Plans: Tracking Goals

My exercise plan	WHEN	THEN
	WHEN	THEN

My exercise plan	WHAT	WHERE
		WHEN

My food plan	WHEN	THEN
	WHEN	THEN

ADDITIONAL NOTES

[illegible]

Week One **Day 2**

Added Sugar

My goal(s) for added sugar are:

I will check for added sugar:	WHAT	
	WHEN	THEN
	WHEN	THEN

I will substitute added sugar:	WHAT (I will substitute added sugar with...)	
	WHEN	THEN
	WHEN	THEN

	WHAT	
	WHEN	THEN
	WHEN	THEN

My exercise plan	WHAT		WHERE
			WHEN
	WHEN	THEN	

	WHAT		WHERE
			WHEN
	WHEN	THEN	

Resources

Examples of added sugar in common foods*:



**1 can
of pop**
33g
8 tsp



Ketchup
4g
1 tsp



**Tall vanilla
latte (12oz)**
21g
5 tsp



**Tim Hortons®
wild blueberry
muffin**
23g
6 tsp



**Cranberry
juice cocktail**
24g
8 tsp



**BBQ sauce
(2 tbsp)**
10 g
2.5 tsp

**WHEN I read the
ingredients, THEN
I will look for these
examples of added
sugars**:**

White sugar
Brown sugar
Beet sugar
Raw sugar
Agave syrup
Maple syrup
Barley malt extract
Fancy molasses

Fructose
Glucose
Glucose-fructose/high
fructose corn syrup
Maltose
Sucrose
Dextrose

* Source: GB HealthWatch

** Source: Government of Canada – healthycanadians.gc.ca

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Week One Day 3

Physical Sensations and Talk Test

Talk Test Goals:

**My plan
to use the
talk test
when I
exercise**

WHAT

WHEN

WHEN

THEN

**My plan to
monitor my
physical
sensation:**

WHAT

WHEN

WHEN

THEN

WHEN

THEN

Talk test:

The talk test is a way to measure the intensity of your workout. Moderate intensity is when you can talk but not sing. Vigorous intensity is when you can only say a few words at a time.

*Source: CDC.gov

Week Two Day 4

Carbohydrates Choices

My goal(s) for making good carbohydrate choices are to:

I will make good carbohydrate choices	WHAT (good carbs I will eat)	WHEN
	WHEN	THEN
	WHEN	THEN
	WHEN	THEN

	WHAT	WHEN
	WHEN	THEN

My exercise plan	WHAT	WHEN
		WHERE
	WHEN	THEN

	WHAT	WHEN
		WHERE
	WHEN	THEN

My Notes

Week Two Day 5 Independent Exercise

My exercise goals are:

My exercise plan	WHAT	WHEN
		WHERE
	WHAT	WHEN
		WHERE
	WHAT	WHEN
		WHERE
	WHEN	THEN

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Week Three Day 6

Plan My Independent Goals

My healthy lifestyle goals are to:

My exercise plan is _____ minutes per week.

WHAT EXERCISE(S)

WHEN

THEN

WHEN

THEN

I will check added sugar and stay within _____ teaspoons per day.

WHEN

THEN

WHEN

THEN

I will substitute sugar:	WHEN	THEN
	WHEN	THEN

My good carbohydrate choices:	WHAT:	
	WHEN	THEN
	WHEN	THEN

	WHAT:	
	WHEN	THEN
	WHEN	THEN

WHEN I'm not meeting my goals, THEN:

- 1.
- 2.
- 3.

Additional Resources

Websites

Canadian Diabetes Association

www.diabetes.ca

Dietitians of Canada

www.dietitians.ca

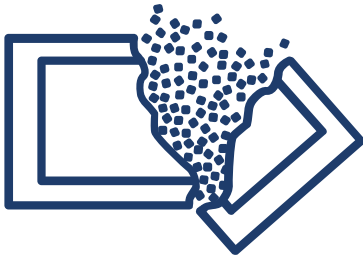
Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



The Eat Well Plate





Suggestions that others have found helpful for decreasing added sugar intake:

- Cut out or slowly decrease added sugar in coffee and/or tea
- Replace table sugar with artificial sweeteners such as Splenda or Stevia
- If you like baking: some people find helpful to try a low-sugar cookbook or blog for tips to decrease sugar in baked goods
- Replace sugary drinks with sparkling water
- Bring healthier alternatives that you like (e.g., vegetables, snap peas, etc) to pot lucks or work
- Some people enjoy seasonal fruit for dessert
- Identify problem locations and situations such as grocery stores, treats at home, work, baking, and/or coffee shops and plan ahead for these situations



Tips for choosing good carbs:

- Choose carbohydrates that have high fiber contents such as vegetables, fruits, whole-grain bread, oats, lentils, beans, whole-grain pasta and potatoes (baked)
- Eat less white bread, baked goods, processed foods, white rice, and white pasta



Tips for exercising:

- Listen to music or a podcast
- Exercise at a gym or on home exercise equipment and watch a TV show
- Go to local parks and trails and walk outside
- Join a walking or hiking group
- Set exercise dates with a friend
- Join an exercise class
- Build exercise into your daily schedule

Exercise Progression

Moderate Intensity Continuous Training

My Target HR Zone is: _____

For how long should I exercise?	Week One	Week Two	Week Three
	20 minutes	25 minutes	30 minutes

High Intensity Interval Training

My Target HR Zone is: _____

	Week One	Week Two	Week Three
Warm Up:	3 min	3 min	3 min
High-intensity Interval duration:	30 sec	45 sec	1 min
Start your high-intensity interval at these times (min: sec):	3:00, 4:30, 6:00, 7:30, 9:00	3:00, 4:45, 6:30, 8:15, 10:00	3:00, 5:00, 7:00, 9:00, 11:00
Rest:	1 min	1 min	1 min
Repeat the high-intensity intervals 5 times:	5	5	5
Cool down:	2 min	2 min	2 min

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