## **Full Circle Plan**



Three areas that I want to change in my dietary patterns include:

1
<i>2.</i>
3
My goals include:
Time Period:
How Often (ex. Daily, one time per week):
How much (ex. ½ cup, 1 cup):
Where (ex. Home, work, restaurant):
With Whom (friend, family member):
The 3 challenges that I will most likely encounter in my efforts to reach my dietary goals include:
Challenge #1:
I will manage my challenges in order to prevent them from affecting my ability to meet my goal
To manage Challenge 1, I will
To manage Challenge 2, I will
To manage Challenge 3, I will
How sure are you that you will be able to do your action plan? 1 2 3 4 5 6 7 8 9 10

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