

Ready for Change

Learning Objective	Behavior	Learning Method and Materials
1. Describe the unaware stage.	1. Recognize what areas of diabetes care may be at the unaware stage.	1. Written material, "Ready for change" and class discussion
2. Discuss the strategies to move to the aware stage.	2. Discuss and/or determine what your plan is to move to the aware stage. Review the "My Diabetic Day", "BMI Chart" and complete the "Food Mood Diary"	2. Written material, "Ready for change", "My diabetic day", "BMI Chart", "Food Mood Diary" and class discussion
3. Describe the aware stage.	3. Recognize what areas of diabetes care may be at the aware stage.	3. Written material, "Ready for change" and class discussion
4. Discuss the strategies to move to the making a plan stage.	4. Discuss and/or determine what your plan is to move to the making a plan stage.	4. Written material, "Ready for change" and class discussion
5. Describe the making a plan stage	5. Recognize what areas of diabetes care may be at the making a plan stage.	5. Written material, "Ready for change" and class discussion
6. Discuss the strategies to move to the acting on plan stage.	6. Discuss and/or determine what your plan is to move to the acting on the plan stage.	6. Written material, "Ready for change" and class discussion
7. Describe the acting on plan stage	7. Recognize what areas of diabetes care may be at the acting on plan stage.	7. Written material, "Ready for change" and class discussion
8. Discuss the strategies to move to the part of life style stage.	8. Discuss and/or determine what your plan is to move to the part of life style stage.	8. Written material, "Ready for change" and class discussion

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10. Discuss the strategies for the part of life style stage.	9. Have a plan for when you get off course and use it.	9. Written material, "Ready for change" and class discussion
11. Determine individual stages	10.	10. Written material, Ready for change worksheet "