

## Homework by Session

### Session 1:

- On 2 days, 1 work day & one non-work day, monitor blood sugar once in AM before eating, once 2 hours after a meal & once after exercising. Write down all you eat on same 2 days, take note of what learned.
- Reading: Chap 1, 2, 10, 14. Especially food guide pgs. 267-274
- Keep track of your action plan

### Session 2:

- Keep track of what & when you eat 2 days, 1 week day & 1 weekend day
- We will be covering decision-making next time; think of something for which you need to make a decision & have it ready next week
- Reading: Chap 10 & pgs. 338-343
- Keep track of your action plan

### Session 3:

- Pay attention to labels of favorite foods; see if eating hidden fat & if saturated or non-saturated
- Look at serving sizes on labels of foods; bring 1-2 labels next week & be prepared to tell what you have discovered
- Reading: Chap 6 & 7, pgs. 27-28, 177-179, 239-240, 351-352
- Keep track of your action plan

### Session 4:

- Reading: Chap 10, pgs. 110-116
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats
- Keep track your exercise each day
- Keep track of your action plan

### Session 5:

- Pay attention to the types of thoughts have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise 1 weekday & 1 weekend day; be prepared to share what learned
- Monitor your blood sugar before & after eating & before and after exercise twice and be prepared to talk about it if you have seen any changes since you did this five weeks ago.
- Reading: Chap 6, pgs. 166-175, 150-154, 137-148
- Call, email or write letter to your provider about what you have accomplished. If not pleased, write letter to the workshop's developers explaining. Address: Self-Management Resource Center • PO Box 219 • Aptos CA 95001 USA • smrc@selfmanagementresource.com. You don't have to mail or show these letters, but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

### Session 6:

- Create and/or update a medication list and keep it current
- Reading: Pages 289-294, 345-347, 351-352
- Continue using your action plans as a support