



Module 3: Track Your Activity

Lifestyle Coach Guide



Module Overview

Tracking, or self-monitoring, can help participants keep up with their physical activity goals. This module provides detailed instruction on how to track activity.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Identify the purpose of tracking their activity
- Demonstrate ways to track their activity

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on activity tracking. Here are sample messages you can send out to participants for this module:
 - 1 Week Prior: “During our next session, we’ll start tracking our activity. We’ll also discuss why we track activity, share strategies to help us track, and learn how to overcome challenges along the way. Stay active, everyone. You can do it!”
 - 1 to 2 Days Prior: “Our next session on tracking our activity to prevent type 2 diabetes is almost here! Start thinking about ways you can be more active. See you soon!”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be 3 to 4 participants per group for the “How to Overcome Challenges” group activity.

During this session:

- Make sure participants have room to walk in place during the “How to Track Activity” section.

After this session:

- ❑ Remind participants to view the “Track Your Activity” Personal Success Tool module www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3. If participants do not have reliable access to the internet, suggest they use resources in the community where public online access is available, such as libraries or community centers.
- ❑ Communicate with your participants via email, text message, app, or social media to continue the conversation on how tracking activity can help prevent type 2 diabetes. Here are some examples of messages to post:
 - “What new activity have you started? Share your inspiration with the group.”
 - “What strategies have you used to reach your activity goal this week?”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
Purpose of Tracking	Page 6	10 Min
Ways To Track Your Activity	Page 9	25 Min
How To Overcome Challenges	Page 13	10 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 16	5 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program]. Today, we are going to talk about tracking your activity to measure progress toward your goals. Before we start, let's spend a few minutes reviewing what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

SAY:

Tracking your minutes of activity each day can help you stay focused on your activity goals. Today, we will talk about:

- The purpose of tracking
- Ways to track your activity

You’ll also get a chance to review different ways to track your activity and give it a try.

Finally, you will make a new action plan.



Time Estimate: 10 minutes
Method: Facilitated Discussion

This part of the session explains why tracking activity is important for working toward 6-month activity goals—including getting at least 150 minutes of activity each week.

Why Do We Track Activity? (10 minutes)

SAY:

Please look at “Purpose of Tracking” on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display “Purpose of Tracking” from the Participant Guide for all participants to view.

SAY:

Let’s start by talking about the purpose of tracking. You probably track many things in your life already.

DISCUSS:

What are some things you track?

DO:

Suggest the following (if not mentioned by participants):

- My blood pressure, to make sure it doesn't get too high
- My checking account balance, to make sure I don't bounce a check
- My child's grades, to make sure she doesn't fall behind
- The amount of food in my fridge, to make sure I don't run out
- The amount of medicine in my bottle, to make sure I don't run out
- The gas in my car, to make sure I don't run out
- The laundry in my laundry basket, to make sure I wash clothes in time



For a virtual session, encourage participants to share their responses through text or the chat window of the web conferencing tool. You can also share your screen as you type or write out the ideas.

ASK:

Why do you track these things?

ANSWER:

So that I can take needed actions to meet my goals.

ASK:

So, what do you think is the purpose of weighing yourself at the start of each session?

ANSWER:

It helps you work toward your 6-month weight goal.

ASK:

And what's the purpose of tracking your minutes of activity each day?

ANSWER:

It helps you work toward your 6-month activity goal of getting at least 150 minutes of activity each week. The activity should be of at least a medium, or moderate, pace.

SAY:

And, of course, both of these goals (weight loss and activity) help you lower your risk of type 2 diabetes.

SAY:

We've talked about why it's important to track your minutes of activity each day. Now we'll practice doing it. Let's walk in place while we talk about how to track.



For a virtual session, allow participants time to find room for the walking in place activity.



Time Estimate: 25 minutes
Method: Activity

In this part of the session, participants will practice tracking by timing the walking in place activity and recording the minutes in their logs.

Practice Tracking (20 minutes)

DO:

Walk in place with participants. Keep track of how long they walk. Consider continuing the conversation while walking.

Participants can hold onto a chair for support if they wish. If walking while standing is too hard for them, they can walk while seated. Participants should use the Talk Test to be sure they're walking at a moderate pace or more.



For a virtual session, use a web camera to enable participants to see you demonstrate walking in place. Encourage others to turn on their cameras, if possible, and do the activity together. Or video-record yourself or share a video of people walking in place. Use the available web conference tools to display the video.



Consider using this walking in place video example, or one like it. www.youtube.com/watch?v=Dwt8KGyuqL0

ASK:

Tracking your minutes of activity has two steps. What do you think they are?

ANSWER:

- Time your activity.
- Record your minutes of activity.

SAY:

Writing down your minutes is very important for seeing yourself progress toward your goals.

DISCUSS:

What are some ways to time your activity?

SAY:

Suggest the following (if not mentioned by participants):

- Watch
- Clock
- Timer
- Fitness tracker
- Smartphone app
- Computer app

DISCUSS:

What works for you? What is one thing you have learned that might help others?

DO:

If you'd like, bring in some examples of ways to time minutes of activity. Show participants how to use them.



For a virtual session, turn on your camera and demonstrate examples.

SAY:

Great walking, everyone! You can stop now. You walked for ___ minutes. Let's write that in your Activity Log.

DO:

Review the Activity Log briefly. Help participants record those minutes of activity.



For a virtual session, use the screen share feature to display the Activity Log and demonstrate how to enter the activity just completed.

Recording Your Activity (2 minutes)

DISCUSS:

Besides using your Activity Log, what are some other ways to record your minutes of activity?

DO:

Suggest the following (if not mentioned by participants):

- Notebook
- Spreadsheet
- Fitness tracker
- Smartphone app
- Computer app
- Voice recording

SAY:

Review "Ways To Track Your Activity" on page 3 of your Participant Guide for more suggestions.

Chris's Story (3 minutes)

SAY:

Tracking is easy, but life's challenges can make it difficult to stay active and keep tracking. Please look at "Chris's Story" on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display "Chris's Story" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) "Chris's Story."

DISCUSS:

Chris is having some trouble dealing with these challenges. If he were here, what advice would you give him to stay active and keep tracking his activity?



For a virtual session, encourage participants to share their responses through text or the chat window of the web conferencing tool. You can also share your screen as you type or write out ideas.



Time Estimate: 10 minutes
Methods: Facilitated Discussion,
Group Activity

This part of the session gives participants the opportunity to brainstorm some common challenges when tracking their activity. It also allows them to think of some ways for overcoming these challenges.

SAY:

Please look at “How To Overcome Challenges” on page 5 in the Participant Guide.



For a virtual session, use the screen share feature to display “How To Overcome Challenges” from the Participant Guide for all participants to view.

SAY:

It can be challenging to track your activity. Pages 5 and 6 list some common challenges and ways to overcome them. Work with your group to include additional ways to overcome these common challenges. Then, include your own challenges and ways to overcome them in the spaces provided on page 6. Check off each idea you try in the future.

DO:

If using group breakout rooms, share group assignments and begin small group meetings.



If dividing participants into partners is not possible for a virtual session, have participants conduct the activity by themselves.

DISCUSS:

What might you find challenging about tracking your activity? How will you work around these challenges?



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about tracking your activity.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward (remind the group of the healthy rewards brainstormed in Module 1).
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.

SAY:

Please look at “Track Your Activity Module” on page 7 in the Participant Guide.

I encourage everyone to review this “Track Your Activity” module. This module helps you identify daily activities that count toward your 150 minutes of activity each week. This module also offers ideas to help you handle challenges along the way.

Later in the week, I will send out a reminder about this module.

DO:

Tell participants to access the link provided to access the “Track Your Activity” module.

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3. If participants do not have reliable access to the internet, suggest they use resources in the community where public online access is available, such as libraries or community centers.



Demonstrate how to navigate to the Personal Success Tool module while sharing your screen.



Summary and Closing

Participant Guide
N/A



Time Estimate: 5 minutes

SAY:

Please look at your Activity Log again. You'll use it each day to track your minutes of activity.

Remember: Track activity of at least a moderate pace—that is, activity that you can talk through, but not sing through. And make sure to include everyday activities, like sweeping the floor briskly or mowing the lawn.

There may be some days when you write down zero minutes, and that's OK. The key is to track your activity every day for the rest of this program.

You'll show me your Activity Log at the start of each session.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today we discussed how tracking your minutes of activity each day can help you prevent or delay type 2 diabetes.

SAY:

We talked about:

- The purpose of tracking
- How to track your activity

You also got a chance to practice tracking your activity.



Summary and Closing

Participant Guide
N/A

DISCUSS:

Do you have questions about anything we talked about today?

DO:

Answer questions as needed.

SAY:

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.