

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

The TLP Rewards Program

LIFESTYLE MAINTENANCE PHASE



TLP Rewards Program Summary

What are my goals now?

You will continue to do the same healthy behaviors. You and your PAL will set step-by-step goals every two weeks.

Keep Track of the Goals You Meet

First, keep track of your lifestyle behaviors each day.

- ▶ Mark the number of RED foods you eat each day.
- ▶ Mark the number of minutes of GREEN physical activity you do each day.
- ▶ Mark which days you had a family meeting.
- ▶ Mark each day you weigh and graph your weight.

Then compare your daily totals with your goals.

Your PAL will review your log and goals when you meet. Your PAL will confirm your points. That will make your points official.

Earning Rewards

You can earn points for rewards by:

- ▶ Limiting RED foods
- ▶ Increasing GREEN activity
- ▶ Holding Family Meetings
- ▶ Keeping Track of Weight

Earn Points Day-By-Day

Whether or not you lose weight, you can earn points every day you:

- ▶ Have a family meeting. You can earn 1 point each day.
- ▶ Weigh and graph your weight at least once a week. You can earn 7 points!

To be able to get other points, you must meet your weight goal. If you do this, you can earn 1 point for each day you:

- ▶ Meet your RED food goal.
- ▶ Meet your GREEN physical activity goal.

Earn Monthly Bonus Points by meeting your weight goals.

If your goal is to continue to lose weight:

- ▶ You can earn 50 bonus points by losing 4 pounds over 4 weeks.
- ▶ Or, you can earn 25 points by losing 2 pounds over the 4 weeks.

If your goal is to stay at the same weight:

- ▶ You can earn up to 50 bonus points every 4 weeks by keeping the weight you have lost off.

Add your bonus points to the points you earned each day. Use all these points to pick rewards from your new Rewards Chart.

TLP Rewards Program

It's hard work to change behaviors that you are used to doing. It can be slower than you'd like. It's step-by-step. That's why you get to earn rewards for progress along the way. You're working hard and making progress. So enjoy your rewards!

What's different now?

Not too much.

You've learned how to do things differently. This helped you lose weight. It helped you manage diabetes. Now you will continue doing the same behaviors. That's how you make them lifetime habits.

You will keep moving forward by doing healthy eating and GREEN activity. Maintaining these healthy lifestyle behaviors will help you:

- ▶ Manage your diabetes.
- ▶ Stay at your present weight—if that's what you decide to do.
- ▶ Continue to lose weight—if that's what you decide to do.

What are my goals now?

You will continue to do the same healthy behaviors. These behaviors help you lose weight and manage your diabetes. You have **4 key goals** now. You will:



- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

Just like before, you will earn points for Family Meetings, for meeting RED food goals and for meeting GREEN activity goals.

Keeping Track of Weight is a *new goal*. But it's *not a new behavior*. You've been doing it all along. What's different is that now it's a goal. You will earn points for doing it. Why? Because the habit of checking your weight at least once a week will help you really stay on top of how well you are doing your eating and activity behaviors.



Rewards for progress along the way will help you make healthy lifestyle changes.

Here's what you'll learn about in this module:

- ▶ How the TLP Rewards Program stays the same
- ▶ Changes in the TLP Rewards Program during maintenance
- ▶ Daily points and monthly points



Setting Goals

To help you meet your **4 Key Goals**, you will set smaller, step-by-step goals. Every two weeks you will talk to your PAL about your eating and activity goals. Your RED foods goal will decrease until you are eating no more than 3 RED servings a day. Your physical activity minutes will gradually increase.

Some weeks your goals will stay the same. Some weeks they will change. As long as you are heading in the right direction—eating healthier, being more active, and losing weight—this is something you can work out with your PAL.

Something else *may be different*. You and your PAL may decide on a different weight goal.

- ▶ You may decide to continue to lose one pound each week.
- ▶ You may decide to lose less weight each week.
- ▶ You may decide to stay at your present weight—if you have met your weight loss goal and are at a healthy weight. Your PAL will let you know what this weight is.

Earning Rewards

Just like before, you can earn points for making healthy lifestyle changes. Just like before, you can earn points for meeting your goals each day. Just like before, these points can lead to rewards. Just like before, you add up the points

you earned at the end of the week. Just like before, your PAL needs to OK the points to make them official. Your PAL can do this every other week when you meet.

How does it work?

You earn 1 point for every day you have a family meeting. You can earn 7 points by weighing yourself and graphing your weight at least once a week. These points do not depend on losing weight.

Just like before, you can earn points by meeting your goals for RED foods and GREEN activity. To be able to get these points, you must meet your weight goal. If you meet your weight goal, you can earn:

- ▶ 1 point every day that you meet your RED food goal.
- ▶ 1 point every day you meet your GREEN activity goal.

It's possible to earn up to 28 points each week! This is the same number of points you could earn before. It's more than enough for a small reward each week.

Keeping Track of the Goals You Reach

You've been keeping track of your goals for six months now. You can continue doing it the same way. You can use the same Lifestyle Log. But at times you may decide to use a different Lifestyle Log. This is something you can talk to your PAL about.



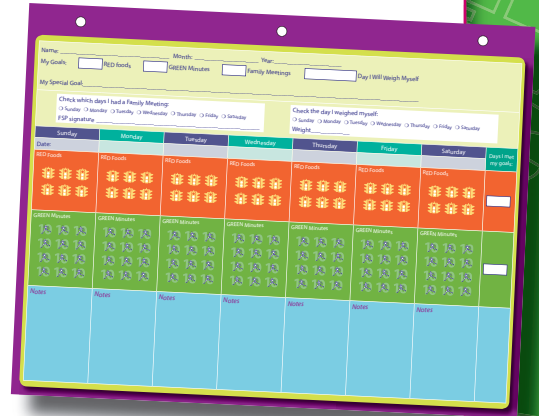
If you use the new log, you will not record all the foods you eat. You will not record calories. Keeping track of just your RED foods will take less time. It should have the same results. If you eat fewer RED foods, you will eat fewer calories.

There will be fewer goals for you to keep track of if you use the new Log. You will do it the same way. First, you keep track of your lifestyle behaviors each day.

- ▶ In the RED Foods section, mark off a red traffic light for each RED food you eat that day.

- ▶ In the GREEN Minutes section, put an "X" for every 10 minutes of activity you do that day.
- ▶ Mark which days you had a family meeting.
- ▶ Mark each day you weigh and graph your weight.

You will compare your RED food and GREEN activity daily totals with your goals. Then you will write down the number of days you met your RED food goals. Also, you will write down the number of days you met your GREEN activity goals.



EARNING POINTS DAY-BY-DAY

Whether or not you lose weight, you can **earn points when you:**

Have a family meeting. You can earn 1 point each day.

Weigh and graph your weight at least once a week. You can earn 7 points!

To earn other points, you must meet your weight goals. If you do this, you can **earn 1 point for each day you:**

Meet your RED food goal.

Meet your GREEN physical activity goal.

Points work just like they did before. The more goals you meet, the more points you earn. Once you earn **25 points**, you can spend them on a small reward. Or you can save your points to spend on medium rewards (**50 points**) or large rewards (**100 points**).

Alicia's Lifestyle Log

After keeping track of her eating and activity behaviors each day, Alicia wrote them down on her Lifestyle Log.

Alicia and her PAL set a goal of 3 RED foods per day, and 30 minutes of GREEN activity each day and marked it on her Log. They agreed she would weigh herself on Thursday. They set a goal to have at least one family meeting a week.

Then Alicia compared her totals with her goals. It was easy to do because her goals and her totals were on the same page.

Name: Alicia Month: March Year: 2005
 My Goals: 3 RED foods 30 GREEN Minutes 1 Family Meetings Thursday Day I Will Weigh Myself
 My Special Goal: _____
 Check which days I had a Family Meeting:
 Sunday Monday Tuesday Wednesday Thursday Friday Saturday
 FSP signature Alicia's Mom
 Check the day I weighed myself:
 Sunday Monday Tuesday Wednesday Thursday Friday Saturday
 Weight 200

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Days I met my goals:
Date: 3/13	3/14	3/15	3/16	3/17	3/18	3/19	
RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	RED Foods 	4
GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	GREEN Minutes 	5
Notes	Notes	Notes	Notes	Notes	Notes	Notes	

Alicia met her RED food goals on 4 of the 7 days. She met her physical activity goal on 5 days. She had a family meeting on 6 of the 7 days. She added up the number of days she had met her goals this week and discovered that she had met her goals on 15 of the possible 21 times. She also weighed herself. That gave her another 7 points. She earned 22 out of a possible 28 points that week! She was eager for her PAL to OK her points.

Alicia was very happy about her progress. She was determined to do even better next week! Her parents were very proud of her, too.

You, your parent, and your PAL will use the log page to talk about how you are doing. It will show what you are doing well, what the challenges are, and how to meet them. This will help you meet your goals and set new goals. Your PAL will also review the log with you and your parent to confirm the number of points you have earned.

Earning Monthly Bonus Points

Just like before, you can also earn bonus points. You can do this by meeting your weight goals each month.

If your goal is to continue to lose weight:

- ▶ You can earn 50 bonus points by losing and keeping off 4 additional pounds every 4 weeks. This would put you in the 50 point range on your weight graph.
- ▶ Or, you can earn 25 points by losing and keeping off 2 additional pounds every 4 weeks. This would put you in the 25 point range on your weight graph.

If your goal is to stay at your present weight:

- ▶ You can earn up to 50 bonus points every 4 weeks by keeping the weight you have lost off.

You can add your bonus points to the points you earned each week. You can use all these points to pick rewards from your Rewards Chart.

Update your personal Rewards Chart

Meet with your parents and update your Rewards Chart. Use a fresh copy of the same form you used for your Rewards Chart in the Lifestyle Change phase.

What rewards do you want to earn now? You may want to keep most of the rewards on your Reward Chart. But there may be some new rewards you would like to earn. Interests change as things in your life change. Interests change as you change. Sometimes even the time of year can make some rewards more important than others.

You and your parents will also need to agree about the number of points it will take to earn each reward. Be careful to have a good mix. You want some rewards that you can earn in a week or two. And some which take longer because they are bigger.

25 Point Rewards	Date Reward was Earned
Choosing a movie for the family to watch	
Family bike ride to someplace new	
Going bowling	
Helping Dad work on car	
Playing board games with family	
Staying overnight with a friend	
Staying up late on non-school day	
Visiting the mall with friends	
Extra time on phone to friends	
50 Point Rewards	
Getting a fish for his aquarium	
Going to a movie with friends	
Having a sleepover for 3 friends	
Trip to bookstore to purchase a book	
Trip to the zoo	
Earning a "coupon" to skip chores for a day	
100 Point Rewards	
Attending a professional baseball game	
Camping trip with the family	
Getting a new basketball	
Horseback riding with Mom and friend	
Redecorating his own room	
Spending a day at the museum	
Tubing on the river	
Visiting an amusement park	



You cannot earn points for RED foods or GREEN activity if you do not meet your weight goals.

Tyrone's Weight-Loss Goals

Tyrone wanted to earn bonus points. He lost 4 pounds during the first month. He kept the weight off. That earned him 50 bonus points. After 8 weeks he weighed 211. He was disappointed. He didn't lose enough weight to earn 50 bonus points. He didn't think he'd earned any bonus points. "Not so," said his PAL. "You get 25 bonus points because your weight is 1 pound under the weight you need to earn 25 bonus points."

Tyrone didn't understand. "But I only lost 1 pound this month. Not 2," he said.

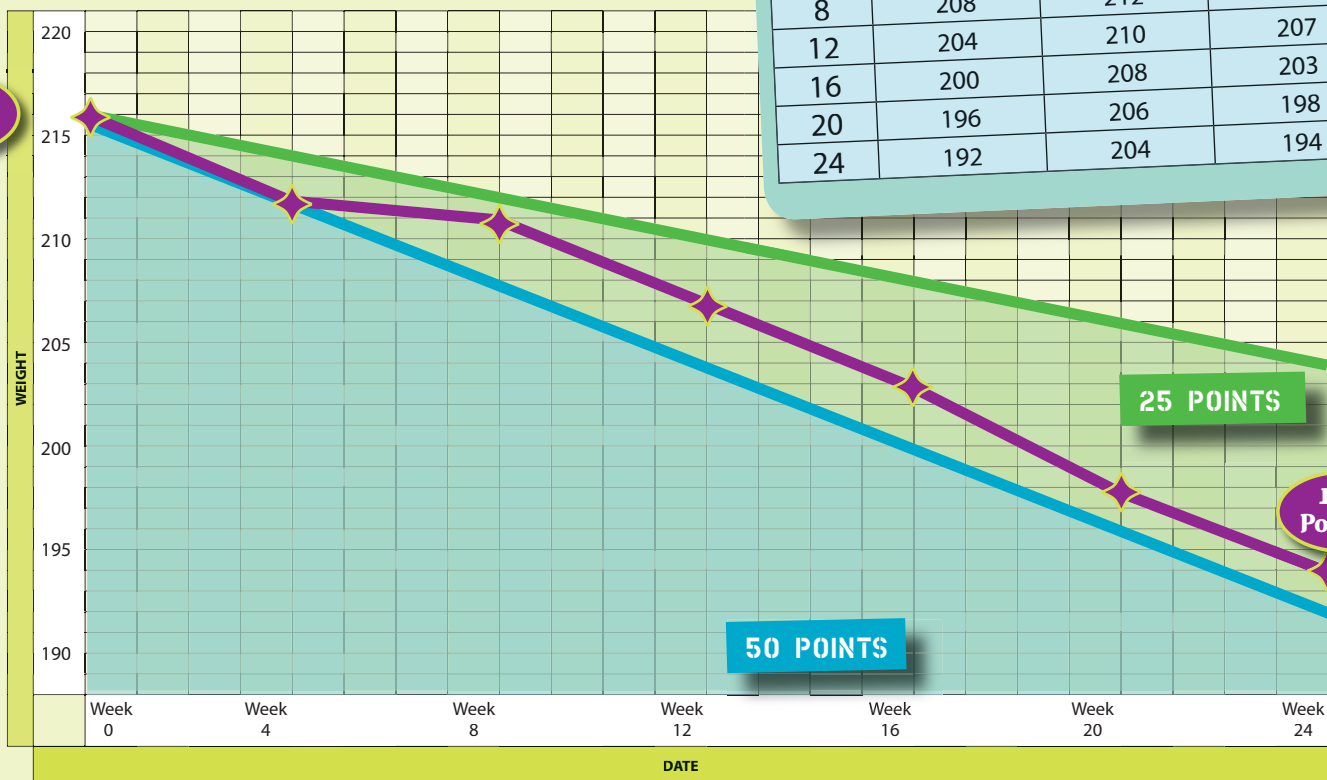
"Look at the graph. Your weight is under the 2-pound or 25 point line. This means you have lost and kept an average of 2 pounds off each month so far. That earns a 25 point reward," the PAL said.

"Now it makes sense. It isn't just what I did over the last 4 weeks. It's how well I do from my starting weight," he said.

Tyrone's Weight Loss Goals

Week	Weight Goal for 50 points (4 pounds over 4 weeks)	Weight Goal for 25 points (2 pounds over 4 weeks)	Actual Weight
0	216	216	216
4	212	214	212
8	208	212	211
12	204	210	207
16	200	208	203
20	196	206	198
24	192	204	194

WEIGHT GRAPH



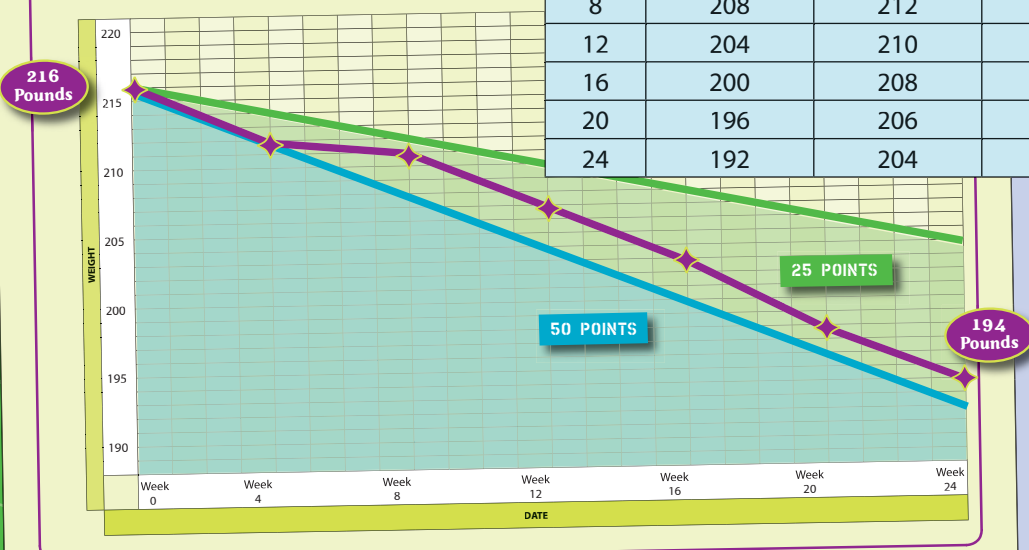
Why can you earn bonus points for meeting your weight goals every 4 weeks? Because losing weight and keeping it off is hard work—and it's an important way to manage diabetes.

TLP Rewards Program

Tyrone's Weight-Loss Goals

Week	Weight Goal for 50 points (4 pounds over 4 weeks)	Weight Goal for 25 points (2 pounds over 4 weeks)	Actual Weight	Bonus Points
0	216	216	216	0
4	212	214	212	50
8	208	212	211	25
12	204	210	207	25
16	200	208	203	25
20	196	206	198	25
24	192	204	194	25

WEIGHT GRAPH



Why did Tyrone earn 50 bonus points in week 4?

Why did Tyrone earn 25 bonus points in week 12?

Map Out Your Weight Goals

Fill in the blanks to plot your weight goals.

How much do you weigh now?	
What is your weight goal for the next 6 months?	
How would you feel if you met your goal?	
Do you think you can meet this goal?	___ Yes ___ No ___ Maybe
Why?	

Identify Your Personal Favorites

Write down some of the rewards that you have already earned. Write down the number of points it took to earn each reward. Then check off your personal favorites. Which of these would you like to keep earning? Put these on your new Rewards Chart.

Reward	Points	Personal Favorites

New Rewards

Things change. So do the rewards you want to earn. What are some new rewards that you would like to add to your list? Write them down. Talk with your parent about them. If they agree, put them on the new Rewards Chart you are making.

Idea	Approved by Parent



National Institute of
Diabetes & Digestive &
Kidney Diseases