



## Group Lifestyle Balance™ Meeting Schedule

Schedule	Date	Group Lifestyle Balance™ Curriculum
<b>Month 1</b>		1. Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™
		2: Be a Calorie Detective
		3: Healthy Eating
		4: Move Those Muscles
<b>Month 2</b>		5: Tip the Calorie Balance
		6: Take Charge of What's Around You
		7: Problem Solving
		8: Step Up Your Physical Activity Plan
<b>Month 3</b>		9: Manage Slips and Self-Defeating Thoughts
		10: Four Keys to Healthy Eating Out
		11: Make Social Cues Work for You
		12: Ways to Stay Motivated
<b>Month 4</b>		13. Strengthen Your Physical Activity Plan
		14: Take Charge of Your Lifestyle
<b>Month 5</b>		15: Mindful Eating, Mindful Movement
<b>Month 6</b>		16: Manage Your Stress
<b>Month 7</b>		17: Sit Less for Your Health
<b>Month 8</b>		18: More Volume, Fewer Calories
<b>Month 9</b>		19: Stay Active
<b>Month 10</b>		20: Balance Your Thoughts
<b>Month 11</b>		21: Heart Health
<b>Month 12</b>		22: Look Back and Look Forward