



Group Lifestyle Balance™ Meeting Schedule

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