

### Session 1

(Visits 2 or 6)

Identification of behaviors associated with better diabetes control to be analyzed; for example, to increase physical activity

- **Predisposing factors:** the patient's knowledge and beliefs about healthy behaviors that wanted to assimilate

Final task: To create a list in favour and against to carry out the behavior

### Session 2

(Visits 3 or 7)

- **Enabling factors:** Once the patient is motivated explore facilities that have to carry out in the new behavior.
- Skills and abilities
- Factors that facilitate the carrying out of behavior

Final task: To create a list of skills and instruments in favour and against to the behavior change

### Session 3

(Visits 4 or 8)

- **Reinforcing factors:** The patient has to discover: the response of key people in their environment, the response of himself: pleased with the change, the physical benefits, tangible rewards (economic, emotional, aesthetic).

Final task: To create a list of benefits and tangible rewards

### Session 4

(Visits 5 or 9)

- **Review of the three factors.** To remind and reinforce the reasons, look for new opportunities to facilitate adherence to healthy behaviors, and identify to reward success.