

Feedback (graph)

1. Daily measurement of body weight
2. Daily measurement of footsteps



Personal Action Plan

1. List specific goals in behavioral terms; Coaching in realistic and measurable goals to increase self-efficacy
2. Discussion of advantages and disadvantages of health behavior changes
3. Identification of barriers to health behavior changes
4. Discussion of problem-solving approach to improve ability to address barriers



Self-monitoring of personal action plan and self-assessment

Target goals

1. Habitual exercise (more than 10000 steps per day or moderate levels of exercise for more than 60 min per week)
2. Habitual intake of dietary fiber (more than five dishes of vegetables per day or more than 350 g of vegetables per day),
3. Restrictions on alcohol (less than 1 “go” per day in terms of Japanese sake)
4. Achievement and maintenance of an appropriate body weight (a 5% reduction in body weight in obese subjects with a BMI of ≥ 25 kg/m² or a 3% reduction in non-obese subjects with a BMI of 23-24.9 kg/m²).

Baseline assessment of lifestyle, motivation for lifestyle modifications (stage of change), health status, and knowledge of diabetes

