**Playbook to Inject the Healthy Undercurrent of Normality and Accountability**

*Mental or Physical Impairment Seed*

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 **My Health & Wellness Agreement**

**Who:**

* Jesse, Mom, Grandma

**What:**

* Jesse will check his blood sugar levels regularly 4 times per day
* Jesse will take his insulin as required
* Jesse will eat three meals a day

**When:**

* Jesse will check his blood sugar levels 10 minutes before breakfast, lunch, dinner, and bedtime
* Jesse will take his insulin 10 minutes before meals and snacks (except when eating out)

**How:**

* Mom will make sure that Jesse has his daily meter to monitor his blood sugar daily and will praise Jesse each time he checks his levels and takes his insulin
* Mom and/or Grandma will give Jesse a gentle reminder if he forgets to check sugar levels or take his insulin
* Grandma and mom will prepare all meals and ensure that the meals meet Jesse’s dietary recommendations and are at the proper time (Breakfast between 8-9am; Lunch between 11-1pm; Dinner between 5-7pm)
* Grandma and mom will both sign a positive teen report and give to Jesse that points out the times he successfully checked his blood sugar level and/or took his insulin – they will give this positive teen report to Jesse each night before bedtime as their way of encouraging him to continue on
* For each successful week (Sunday-Friday) of Jesse checking his blood sugar levels and taking his insulin, Jesse, Mom, and Grandma will participate in a Family Fun Activity on Friday or Saturday (Jesse gets to choose the activity and this list can be added to with mom’s approval)

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| **Family Fun Activities** |
| 1. Play Charades together
2. Go on a Scavenger Hunt at the park
3. Have an “upside picnic” in the backyard where each person selects one “whacky” food item for the picnic (food items must meet the dietary recommendations for Jesse’s diabetes)
4. Go fishing at the lake (Grandma will buy the bait)
5. Fly a kite together
6. Play Monopoly
7. Rent a movie and watch together (must be G or PG rated)
8. Go to the Library together
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