

# Problem Solving: 4 steps for better diabetes management

## Step 3

List the **pros and cons** of each solution.  
Think about the pros and cons for each possible solution.

Example of Pros & cons of solution  
For possible solutions: Walk to work instead of drive.

**Pro:** More relaxed walking than driving; better for health with fresh air.

**Con:** With heat from weather, I'll get sweaty and uncomfortable; needing more time to walk than drive means I need to get up earlier, even when I don't get enough sleep.

