Daily Eating Record

Total grams of fiber			High-fat foods			
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK

DAY 2

Total grams of fiber ______ High-fat foods ______

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK

DAY 3

Total grams of fiber ______ High-fat foods ______

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK

DAY 1		
DAILY AEROBIC ACTIVITY		
My walking windows		
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAY 2

DAILY AEROBIC ACTIVITY

My walking windows		
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAILY AEROBIC ACTIVITY

My walking windows

Minutes	Steps
Minutes	Steps
Total grams of fiber eaten	
High-fat foods eaten	

DAY 4

DAILY AEROBIC ACTIVITY

My walking windows		
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAILY AEROBIC ACTIVITY

My walking windows		
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAY 6

DAILY AEROBIC ACTIVITY

My walking windows		
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAILY AEROBIC ACTIVITY

My walking windows

Minutes	Steps	
Minutes	Steps	
Total grams of fiber eaten		
High-fat foods eaten		

DAY 1

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____/____

Lunch _____/____

Snack /

Dinner_____/_____

Total grams of fiber eaten _____ Total grams of fat eaten _____

Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast/	Total grams of fiber eaten
Lunch/	Total grams of fat eaten
Snack/	
Dinner/	







Grams of fiber/fat per meal

Breakfast ____/____ Lunch /

Snack _____/____

Dinner _____/____

Total grams of fiber eaten _____

Total grams of fat eaten _____

DAY 5



DAY 6

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____/____

Lunch _____/____

Snack ____/___

Dinner _____ / _____

Total grams of fiber eaten	
Total grams of fat eaten	

Daily aerobic activity	(minutes)
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Grams of fiber/fat per meal

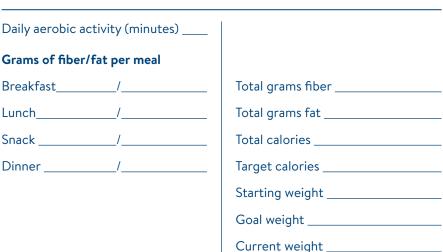
Breakfast _____/____ Lunch _____/____

Snack _____/____

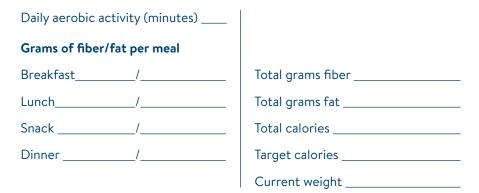
Dinner _____/____

Total grams of fiber eaten _____

Total grams of fat eaten _____









Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast/	Total grams fiber
Lunch/	Total grams fat
Snack/	Total calories
Dinner/	Target calories
	Current weight



Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast/	Total grams fiber
Lunch/	Total grams fat
Snack/	Total calories
Dinner/	Target calories
	Current weight

Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast	_/
Lunch	_/
Snack	_/
Dinner	_/

Strength workout (yes/no)	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast	_/
Lunch	_/
Snack	_/
Dinner	_/
Total grams fiber _	

Strength workout (yes/no)	
Total grams fat	
Total calories	
Target calories	
Current weight	
Pounds lost	

DAY 1

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____ Lunch _____ / _____

Snack ______/____

Dinner____/____

Strength workout (yes/no)
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 2

Daily aerobic activity (minutes)	Strength workout (yes/no)
Grams of fiber/fat per meal	
Breakfast/	Total grams fiber
Lunch/	Total grams fat
Snack/	Total calories
Dinner/	Target calories
	Current weight

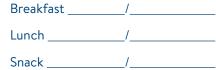
DAY 4

Daily aerobic activity (minutes)	Strength workout (yes/no)
Grams of fiber/fat per meal	
Breakfast/	Total grams fiber
Lunch/	Total grams fat
Snack/	Total calories
Dinner/	Target calories
	Current weight

DAY 5

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal



Dinner _____/____

Strength workout (yes/no) _____

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes)	
Grams of fiber/fat per meal	
Breakfast	_/
Lunch	_/
Snack	_/
Dinner	_/

Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 7

Daily aerobic activity (minutes) _____ Grams of fiber/fat per meal Breakfast ____/____ Lunch ____/____ Snack ____/____ Dinner ____/

Total grams fiber
Total grams fat
Total calories
Target calories
Starting weight
Goal weight
Current weight
Pounds lost



DAY 2



Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____/____/

Lunch _____/____ Snack ____/____

Dinner _____/____

Strength workout (yes/no) _____

Total grams fiber _____

Total grams fat ______ Total calories ______

Target calories _____

Current weight _____

Daily aerobic activity (minutes)	Strength workout (yes/no)
Grams of fiber/fat per meal	
eranis er noen nat per mear	
Breakfast/	Total grams fiber
Lunch/	Total grams fat
Snack/	Total calories
Dinner/	Target calories
	Current weight

DAY 5 Daily aerobic activity (minutes) _____ Strength workout (yes/no) _____ Grams of fiber/fat per meal Breakfast _____/ Total grams fiber _____ Lunch _____/__ Total grams fat _____ Snack / Total calories Dinner ____/_ Target calories _____ Current weight _____ DAY 6 Daily aerobic activity (minutes) _____ Strength workout (yes/no) Grams of fiber/fat per meal Breakfast / Total grams fiber _____ Lunch / Total grams fat Total calories _____ Snack _____ / ____ Dinner _____/____ Target calories _____ Current weight DAY 7

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____/____ Lunch _____/____

Snack _____/____/

Dinner _____/____

Strength workout (yes/no) _____

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Starting weight _____

Goal weight _____

Current weight _____

Pounds lost _____

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

Total calories _____

DAY 3

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes)	Daily food totals
Strength workout (yes/no)	Total grams fiber
Hours slept	Total grams fat
	Total calories
	Target calories

Current weight _____

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily	food	tota	s
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Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 6

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Starting weight _____

Target calories _____

Goal weight _____

Current weight _____

Pounds lost _____

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

DAY 4

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 5

Daily aerobic activity (minutes) _____ Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 7

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Starting weight
Goal weight
Current weight
Pounds lost

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

DAY 3

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____ Current weight _____

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 6

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals	
Total grams fiber _	
Total grams fat	
Total calories	
Target calories	
Current weight	

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Starting weight
Goal weight
Current weight
Pounds lost

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____ Current weight _____

DAY 4

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 7

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Starting weight
Goal weight
Current weight
Pounds lost

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

	-		-
Dail	/ foo	d to	tals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 4

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight _	

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____ Current weight _____

DAY 7

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Starting weight
Goal weight
Current weight
Pounds lost

DIABETES REVERSAL CALENDAR-WEEK 11

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 3

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

DAY 6

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals			
Total grams fiber			
Total grams fat			
Total calories			
Target calories			
Current weight			

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

DIABETES REVERSAL CALENDAR-WEEK 12 LIFETIME PROGRAM

DAY 1

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 2

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals	
Total grams fiber	
Total grams fat	
Total calories	
Target calories	
Current weight	

DAY 3

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals	
Total grams fiber	

Total grams fat _____

Total calories

Target calories _____

Current weight _____

DAY 5

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Daily food totals
Total grams fiber
Total grams fat
Total calories
Target calories
Current weight

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily	food	totals	
Daily	1000	LULUIS	

Total grams fiber _____

Total grams fat

Total calories

Target calories _____

Current weight _____

DAY 7

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories

Target calories _____

Current weight _____

Goal weight _____

Start weight _____

Ten-week weight loss _____