

Daily Eating Record

DAY 1

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

Diabetes Reversal Calendar—Week 1

DAY 1

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 2

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 3

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 4

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 5

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 6

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

DAY 7

DAILY AEROBIC ACTIVITY

My walking windows

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Minutes _____ Steps _____

Total grams of fiber eaten _____

High-fat foods eaten _____

Diabetes Reversal Calendar—Week 2

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 _____

DAY 2

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams of fiber eaten _____

Total grams of fat eaten _____

DAY 3

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams of fiber eaten _____

Total grams of fat eaten _____

DAY 4

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams of fiber eaten _____

Total grams of fat eaten _____

DAY 5

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams of fiber eaten _____

Total grams of fat eaten _____

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 _____

DAY 7

Daily aerobic activity (minutes) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams of fiber eaten _____

Total grams of fat eaten _____

Diabetes Reversal Calendar—Week 3

DAY 1

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 _____

DAY 2

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 3

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 4

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 5

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 6

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 7

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Total grams fat _____

Lunch _____ / _____

Total calories _____

Snack _____ / _____

Target calories _____

Dinner _____ / _____

Current weight _____

Total grams fiber _____

Pounds lost _____

Diabetes Reversal Calendar—Week 4

DAY 1

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 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 3

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) _____

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) _____

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 _____

Diabetes Reversal Calendar—Week 5

DAY 1

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 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 3

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) _____

Strength workout (yes/no) _____

Grams of fiber/fat per meal

Breakfast _____ / _____

Lunch _____ / _____

Snack _____ / _____

Dinner _____ / _____

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Current weight _____

DAY 6

Daily aerobic activity (minutes) _____

Strength workout (yes/no) _____

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) _____

Strength workout (yes/no) _____

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 _____

Diabetes Reversal Calendar—Week 6

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

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 7

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

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 8

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

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 9

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

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 10

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

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 _____

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 _____

Current weight _____

DAY 6

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) _____

Hours slept _____

Daily food totals

Total grams fiber _____

Total grams fat _____

Total calories _____

Target calories _____

Starting weight _____

Current weight _____

Pounds lost _____

Goal weight _____

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 _____

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 _____

Current weight _____

DAY 6

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) _____

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 _____