

# 12-Week Small-Steps Diabetes Reset

SERIES FINALE CHECKLIST | 6 PHASES | 12 WEEKS

Check each box when done. Focus on consistency - not perfection. Even 4 out of 7 days is a win.

## WEEKS 1-2

### Tiny Habits & Basics

- Choose ONE check habit (e.g., morning blood sugar check)
- Set a daily medication reminder (alarm, sticky note, or pill organizer)
- Write both habits down somewhere visible
- Practice both habits every day this week
- Note how you feel - no judgment, just observation
- Confirm your reminder is working by end of Week 2

## WEEKS 3-4

### Easy Food Swaps & Fat Awareness

- Make ONE low-calorie swap each day (e.g., water instead of soda)
- Try swapping chips for a smaller portion + a piece of fruit
- Notice where added fat shows up in your meals
- Reduce butter or oil by a small amount in one meal per day
- Keep swapping - same ones, or try new ones
- Reflect: which swaps felt easy? Which felt hard?

## WEEKS 5-6

### Salt & Portions

- Check ONE food label per day for sodium content
- Identify your highest-sodium daily food
- Try the half-plate rule: fill half with vegetables at one meal
- Serve your plate at the stove - not at the table
- Use a slightly smaller bowl for rice, pasta, or cereal
- Reflect: did smaller portions leave you satisfied?

## WEEKS 7-8

### Movement That Fits Your Life

- Take a 5-10 min walk after one meal (same meal each day)
- Low-energy days: seated leg lifts or shoulder rolls for 5 min
- Rest days: light stretching before bed counts
- Aim for movement at least 5 out of 7 days
- Notice: does blood sugar feel different after moving?
- By Week 8: movement feels tied to a meal - it's routine

## WEEKS 9-10

### Add Your Digital Co-Pilot

- Choose ONE app: food log, blood sugar tracker, or step counter
- Spend 5 minutes per day using your chosen app
- Log at least one item or reading every day
- Optional: join an online diabetes support group or class
- Evaluate: is the app helping? Keep it or swap it
- Share a win from Weeks 1-8 in a comment or group

## WEEKS 11-12

### Review, Reflect & Reset

- Reflection Q1: Which habits felt the easiest?
- Reflection Q2: Which ones actually happened most days?
- Reflection Q3: What change am I most proud of?
- Choose your 3 Forever Habits - write them down
- Set ONE new 3-month goal (specific and small)
- Celebrate - you completed the 12-Week Reset!

## YOUR 3 FOREVER HABITS

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

My new 3-month goal: \_\_\_\_\_