

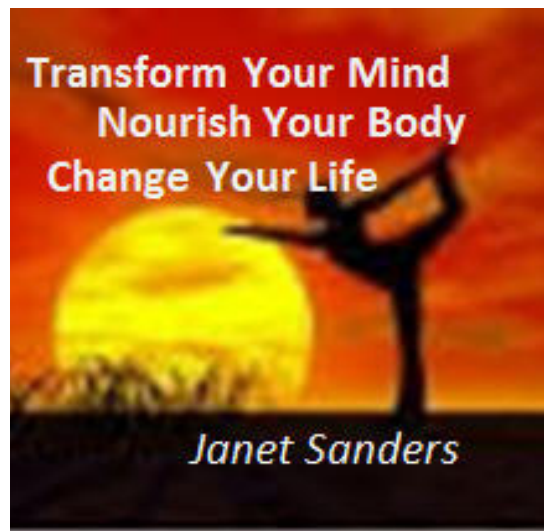
**Blood Sugar Central's
LIVE FREE
Daily Journal**



**HELLO
FEBRUARY**

Janet Sanders, CHC

WWW.BLOODSUGARCENTRAL.COM | ©2022 Janet Sanders & Great Life Inc.



The LIVE FREE Daily Journal is designed to support you and help you to stay on track to cut out sugar and live a quality carb lifestyle while providing you with a record of your progress.

Every day you will make conscious and “unconscious” decisions about your behavior that lead you either towards or away from your vision of health. As you move through each month you will build success habits that lead you towards your goals on a daily basis.

The Daily Journal is a self monitoring tool designed to:

- Reinforce successful habits so that they become a natural part of your everyday routine
- Raise your awareness about what you eat on a daily basis and help you to avoid “unconscious” eating,
- Uncover your particular eating patterns so that you can take responsibility for your nutritional lifestyle, and
- Enable you to make the connection between the habits you build on a daily basis and your health. (including exercise, stress management, and food intake)

If you are vigilant in using the journal, you will see patterns of behavior emerge, and you will gain a better understanding of how to develop and maintain success habits that support your ability to manage weight, blood sugars and your overall health.



Janet Sanders

Janet Sanders
Founder of Blood Sugar Central &
Great Life Inc.

IMPORTANT CAUTIONARY NOTE

The BSC LIVE FREE Daily Journal is designed to promote awareness about blood sugar and diabetes control and to provide information, tools and techniques that will enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s).

Always seek the advice of a physician before beginning any diet, exercise, or nutritional program. Diabetes and pre-diabetes or other related health issues are serious medical conditions.

It is important that program participants do not reduce, change or discontinue any medication or treatment without consulting their physician.

You should also check with your physician if you have any questions about food choices that need to be made in the context of your state of health or treatment plan. You should not change any dietary recommendations given to you by your physician or CDE or other nutritionist without consulting your physician first.



GENERAL INSTRUCTIONS

USE THE DETAILED "INSTRUCTIONS" MANUAL AND LIVE FREE FOOD GUIDE TO ASSIST YOU IN PLANNING AND RECORDING YOUR DAILY FOOD & SUCCESS HABITS.

- At the beginning of the month, complete the Self Assessment. (use your assessment to review your progress and to help you identify habits you want to work on each month)
- At the beginning of the month, use your commitment contract to identify a habit that you will work on throughout the month (at the end of the month conduct your contract review)
- Each day track your progress with changing your designated habit by making a BIG "X" or color in the circle on the date(s) you complete your habit in the tracker.
- Each day, confirm the foods you have "crowded out" that day
- Each day, track the food you are consuming
- Note when you consume your food. (If you are diabetic, this will enable you to correlate the consumption of foods with any blood glucose results that are higher than desired.)
- If you are diabetic, each day, monitor your blood glucose levels noting the result and time of testing.
- Each day track your Exercise and "stress busters" such as yoga or mediation to manage your stress levels
- Keep track of the amount of water (or water alternatives, such as green tea)
- Each day use the Journaling Pages to write down your thoughts, I highly recommend completing these pages first thing in the morning both as a tool to help you let go of worries and distractions and to move into your day with greater clarity.

FEBRUARY *Journal* ACTIVITIES



- **Complete Your Monthly Self Assessment**
- **Complete Your Monthly Commitment Contract**
- **Each day, indicate completed actions in the Monthly Habit Tracker**
- **Each Day, use your Journal to Track Your Food, Success Habits and to Connect with Your Thoughts and Vision**



"It's not what we have in our life, but who we have in our life that counts." – J.M. Laurence.

DATE:

SELF ASSESSMENT

	ITEM	OPTIMAL	RATING		
EAT MORE	• Non-Starchy Vegetables	1-2 Servings each meal/snack	<input type="checkbox"/>	GREEN: Optimal 5-7 days a week YELLOW: Occasional consumption RED: Rarely Consume	
	• Healthy Protein	1 Serving each meal/snack	<input type="checkbox"/>		
	• Healthy Fats	1 Serving each meal/snack	<input type="checkbox"/>		

AVOID/ ELIMINATE	• Added Sugar	Eliminate more than 1 gram (Avoid 1 gram or less)	> 1g	= 1g or < 1g		GREEN: Rarely Consume YELLOW: 3-5 times weekly RED: Often/Every day
	• White Potatoes	Avoid	<input type="checkbox"/>			
	• Grain-based Flour Products	Eliminate	<input type="checkbox"/>			
	• Rice	Eliminate White Rice (Avoid Brown Rice)	White Rice	Brown Rice		
	• Soda	Eliminate Regular (Avoid Diet)	Regular	Diet		
	• Fruit	Eliminate High Glycemic Avoid Medium Glycemic Consume Low Glycemic Sparingly	High	Medium	Low	
	• Whole Grains	Consume Quinoa Occasionally Consume Oats Occasionally Consume Other Grains Sparingly	Quinoa	Oats	Other Grains	

SUCCESS HABITS	• Exercise	1/2 - 1 Hour	<input type="checkbox"/>	GREEN: 5-7 Days YELLOW: 3-4 Days RED: 1-2 Days/Rarely	
	• Hydration	4-8 Servings	<input type="checkbox"/>		
	• Restful Sleep	7-8 Hours	<input type="checkbox"/>		
	• "Stress Busters"	15-30 Minutes	<input type="checkbox"/>		
	• Family/Fun/Selfcare	1 HOUR +	<input type="checkbox"/>		

FEELINGS	Depressed	Lethargic	Nervous	Other:	Happy	Relaxed	Serene	Other:
	Worried	Tired	Numb		Energized	Excited	Calm	
	Angry	Sad	Tense		Proud	Hopeful	Satisfied	
	Upset	Anxious	Deprived		Confident	Peaceful	Joyful	

February Commitment Contract



ACTIVITY COMMITMENTS

Identify a habit that is holding you back and a new habit that you can commit to putting in its place. If there are specific activities that can help you to change this habit, list those as well.

Old Habit:

New Habit:

Commitment:

Activities:

OBSTACLES

Identify any obstacles you might encounter? What are some ideas for what you might do to overcome these obstacles:

My reward for keeping my commitments:

SIGNED BY: _____ **DATE** _____

February Commitment Contract Review



I worked on changing a habit holding me back and I kept all of my commitments this month:

YES

NO

My reward for keeping my commitments:

If NO, which commitments did you struggle with and what might you might be able to do differently in the future?

February Habit Tracker:

This month I commit to:

February 2022

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

Sunday

Monday

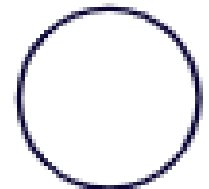
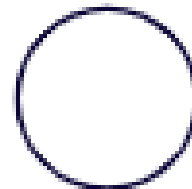
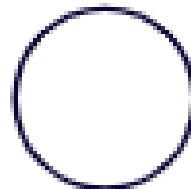
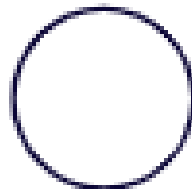
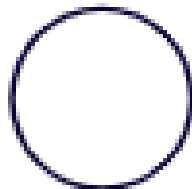
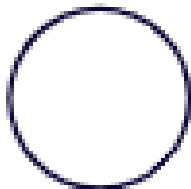
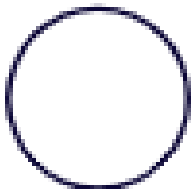
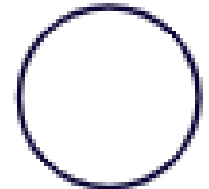
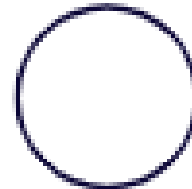
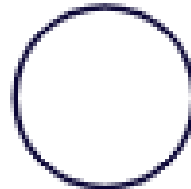
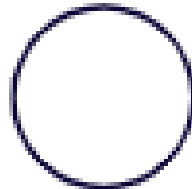
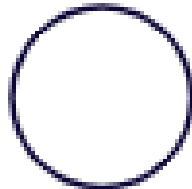
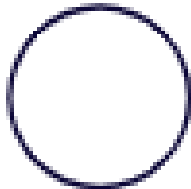
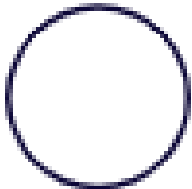
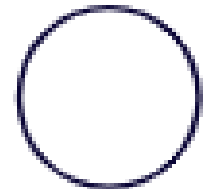
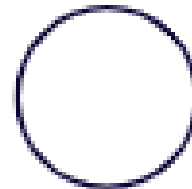
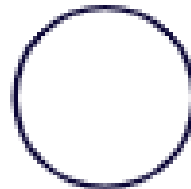
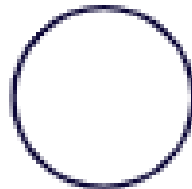
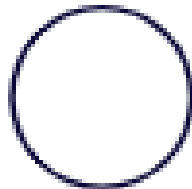
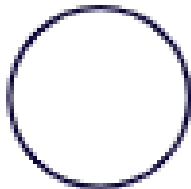
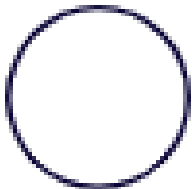
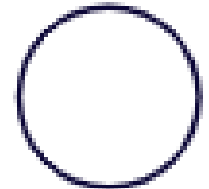
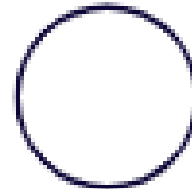
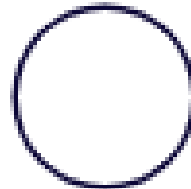
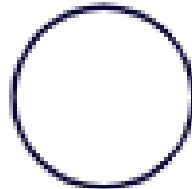
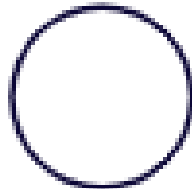
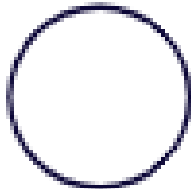
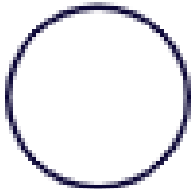
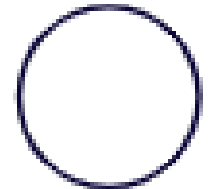
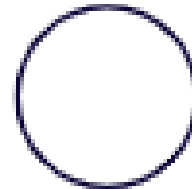
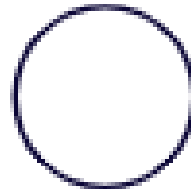
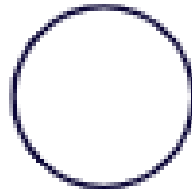
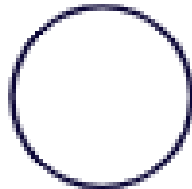
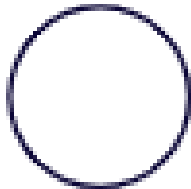
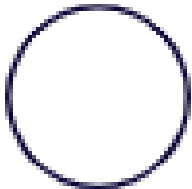
Tuesday

Wednesday

Thursday

Friday

Saturday



WEEK *journal* ONE



A sunrise is
God's way of
saying "lets
start again"

February 2022

SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

"CROWD OUT"

2/1/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white or brown rice (Exception: very small amounts of brown rice , if NOT a trigger food)
- NO white potatoes
- NO whole grains, (exceptions: steel cut oats, barley, quinoa occasionally)
- NO Grain Based Pasta (Exception: Very Small Portion of high protein grain based pasta if not a trigger food)- eat with protein & or non-starchy vegetables

FRUIT, DAIRY, FATS, NATURAL SUGAR

- No high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- No trans-fats

Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/1/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

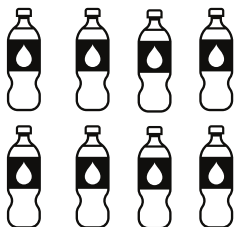
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



2/1/2022



Freewriting



2/1/2022

"CROWD OUT"

2/2/2022

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- | | |
|--|--|
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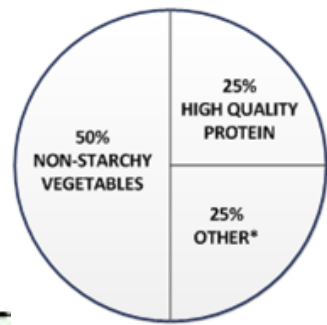
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2/2/2022

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Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

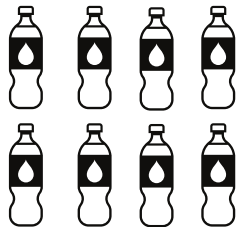
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

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1 bottle = 8 ounces



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Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/3/2022

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- | | |
|--|--|
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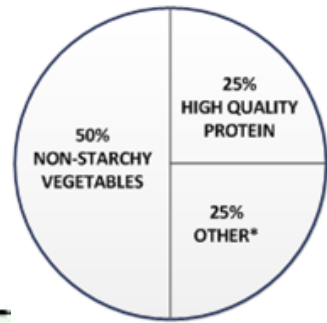
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NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

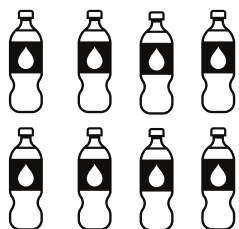


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



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1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



2/3/2022



Freewriting



2/3/2022

"CROWD OUT"

2/4/2022

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- | | |
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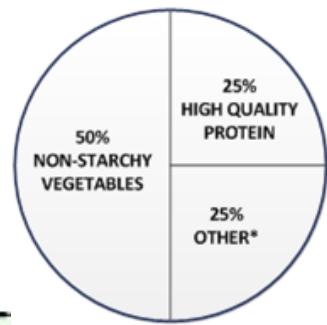
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2/4/2022

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Time:		

SNACK:
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Non-Starchy Vegetables	Quality Protein	Other
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LUNCH		
Time:		

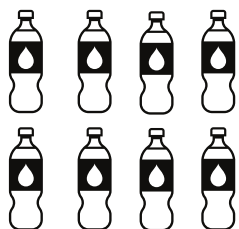
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DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

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1 bottle = 8 ounces



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1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/4/2022

"CROWD OUT"

2/5/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white or brown rice (Exception: very small amounts of brown rice , if NOT a trigger food)
- NO white potatoes
- NO whole grains, (exceptions: steel cut oats, barley, quinoa occasionally)
- NO Grain Based Pasta (Exception: Very Small Portion of high protein grain based pasta if not a trigger food)- eat with protein & or non-starchy vegetables

FRUIT, DAIRY, FATS, NATURAL SUGAR

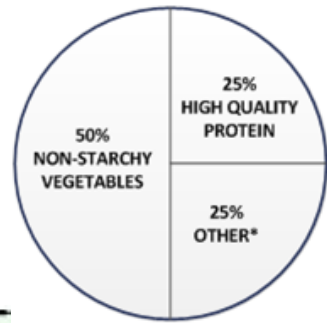
- No high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- No trans-fats


Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/5/2022

NOTES:




Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
 Time:		

SNACK:
Time:




Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
 Time:		

SNACK:
Time:

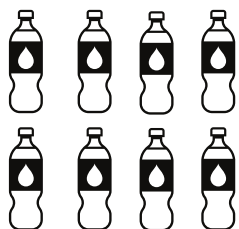


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
 Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/5/2022

Freewriting

WEEKLY

Journal

TWOO

February 2022

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5



**"a person with health
has hope, and a person
with hope has
everything...."**



"CROWD OUT"

2/6/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

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FRUIT, DAIRY, FATS, NATURAL SUGAR

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2/6/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

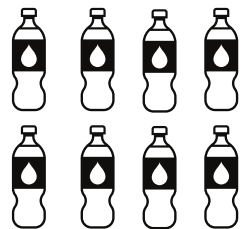
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/6/2022

Freewriting



2/6/2022

"CROWD OUT"

2/7/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

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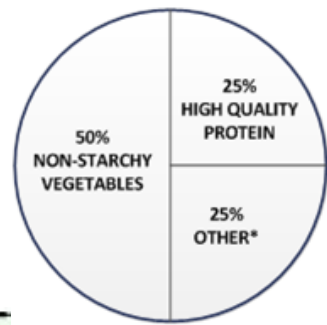
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2/7/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

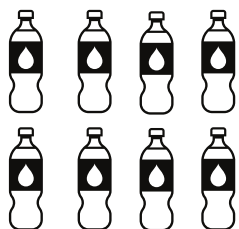
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/8/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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FRUIT, DAIRY, FATS, NATURAL SUGAR

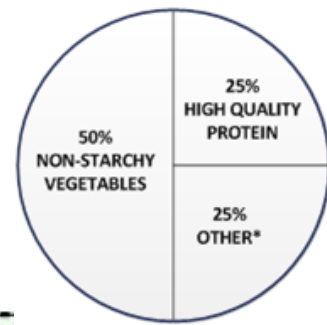
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2/8/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

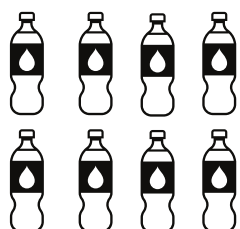


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/8/2022

"CROWD OUT"

2/9/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

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FRUIT, DAIRY, FATS, NATURAL SUGAR

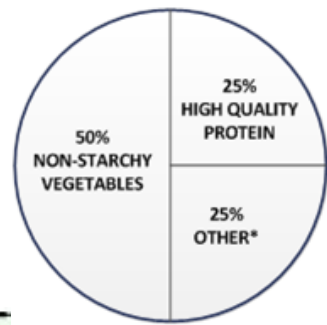
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2/9/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

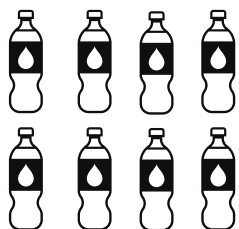


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





Freewriting



2/9/2022

"CROWD OUT"

2/10/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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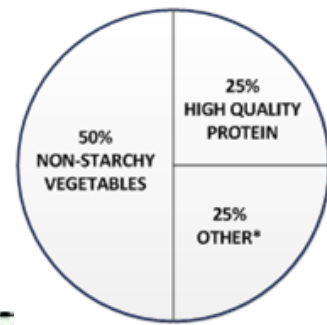
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2/10/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

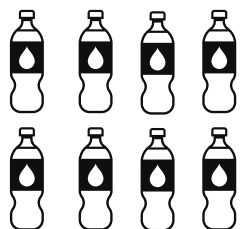


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/10/2022

Freewriting



2/10/2022

"CROWD OUT"

2/11/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

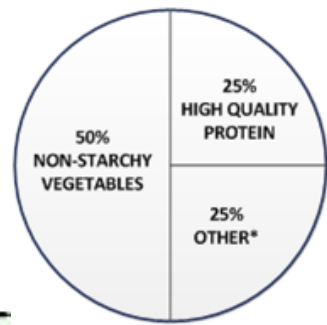
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(including Fructose and Lactose)

2/11/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

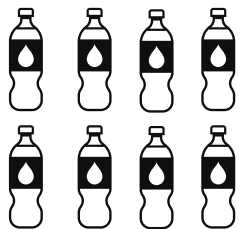
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



2/11/2022



Freewriting



2/11/2022

"CROWD OUT"

2/12/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

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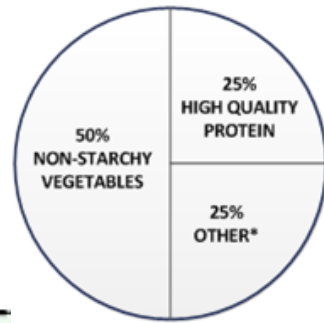
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NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

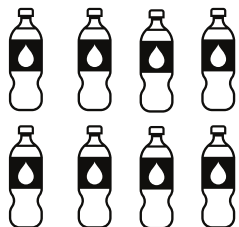


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





Freewriting




2/12/2022

Horizontal ruling lines for journaling.

WEEK *journal* THREE

February 2022

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13		15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

LISTEN TO THE
STRAWBERRIES

*Soak up the sun
Let your ideas ripen
Jam to you own beat*



© Lesley Duthie

"CROWD OUT"

2/13/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

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2/13/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
 Time:		


SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
 Time:		

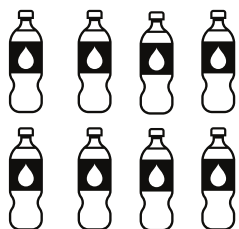
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
 Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





freewriting

"CROWD OUT"

2/14/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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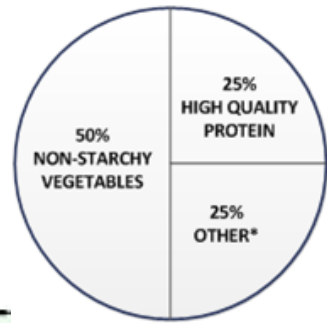
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2/14/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

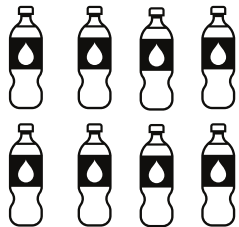
SNACK:
Time:



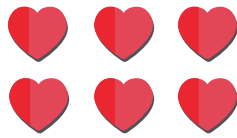
Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/14/2022

"CROWD OUT"

2/15/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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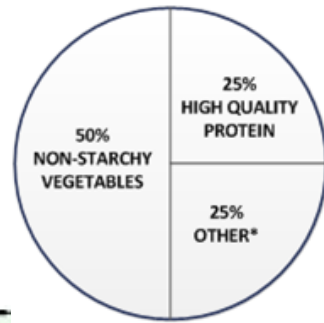
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- No trans-fats

Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/15/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

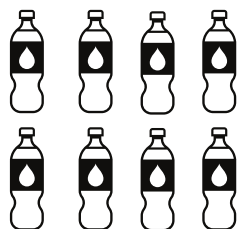
SNACK:
Time:

One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/16/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white or brown rice (Exception: very small amounts of brown rice , if NOT a trigger food)
- NO white potatoes
- NO whole grains, (exceptions: steel cut oats, barley, quinoa occasionally)
- NO Grain Based Pasta (Exception: Very Small Portion of high protein grain based pasta if not a trigger food)- eat with protein & or non-starchy vegetables

FRUIT, DAIRY, FATS, NATURAL SUGAR

- No high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- No trans-fats

Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

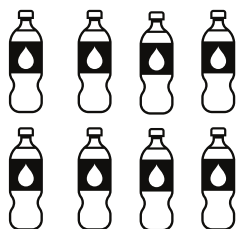
SNACK:
Time:

One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





Freewriting

"CROWD OUT"

2/17/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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- NO Grain Based Pasta (Exception: Very Small Portion of high protein grain based pasta if not a trigger food)- eat with protein & or non-starchy vegetables

FRUIT, DAIRY, FATS, NATURAL SUGAR

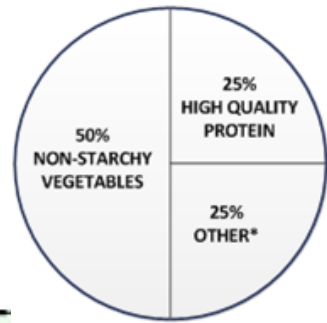
- No high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- No trans-fats

Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/17/2022

NOTES:



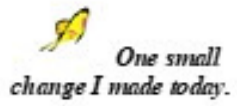
Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

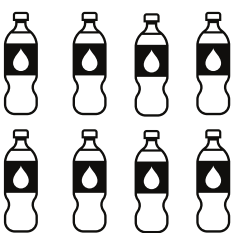
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/18/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

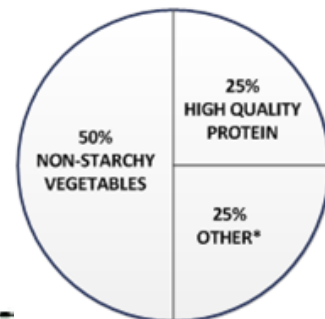
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Consume medium/low glycemic fruit sparingly

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(including Fructose and Lactose)

2/18/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

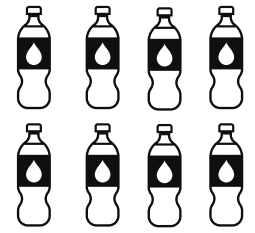
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/18/2022

Freewriting



2/18/2022

"CROWD OUT"

2/19/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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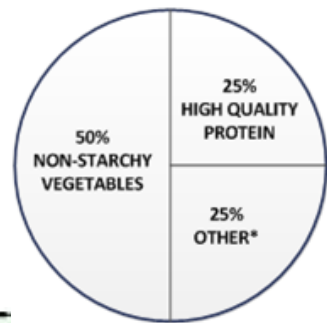
FRUIT, DAIRY, FATS, NATURAL SUGAR

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NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

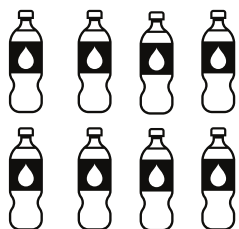
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





2/19/2022

WEEK FOUR

Journal

February 2022

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

It does not matter how slowly you go as long as you do not stop.

CONFUCIUS

"CROWD OUT"

2/20/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

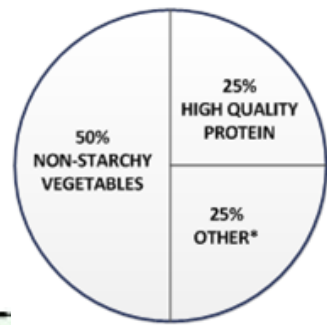
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Consume medium/low glycemic fruit sparingly

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(including Fructose and Lactose)

2/20/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

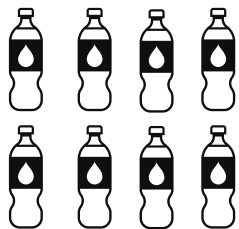
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





Freewriting

"CROWD OUT"

2/21/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

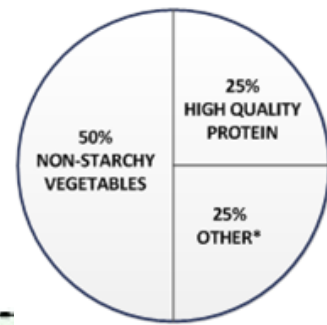
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Consume medium/low glycemic fruit sparingly

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(including Fructose and Lactose)

2/21/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

SNACK:
Time:

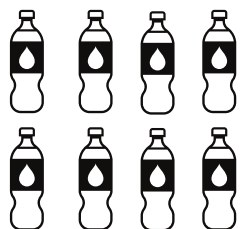


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



2/21/2022



freewriting

"CROWD OUT"

2/22/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

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Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/22/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

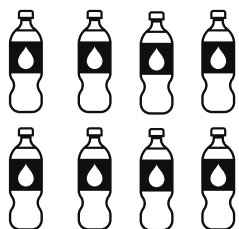


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr





Freewriting

"CROWD OUT"

2/23/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
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"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

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FRUIT, DAIRY, FATS, NATURAL SUGAR

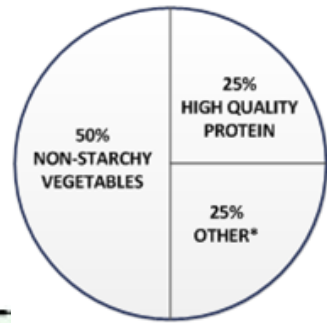
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2/23/2022

NOTES:



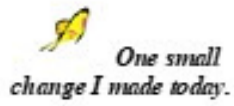
Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
 Time:		


SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
 Time:		

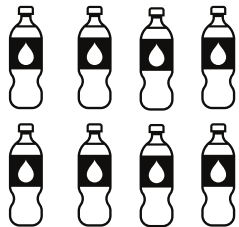
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
 Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/24/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

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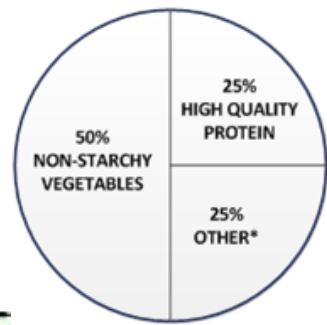
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2/24/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

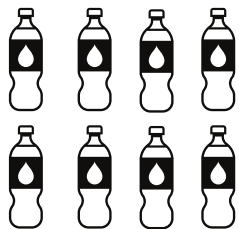
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/25/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
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AVOID "Diet" Soda

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FRUIT, DAIRY, FATS, NATURAL SUGAR

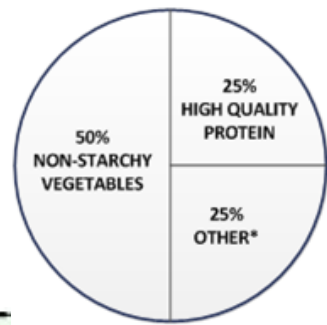
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2/25/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
	Time:	

SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
	Time:	

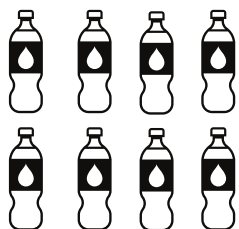
SNACK:
Time:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
	Time:	

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



"CROWD OUT"

2/26/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

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- NO whole grains, (exceptions: steel cut oats, barley, quinoa occasionally)
- NO Grain Based Pasta (Exception: Very Small Portion of high protein grain based pasta if not a trigger food)- eat with protein & or non-starchy vegetables

FRUIT, DAIRY, FATS, NATURAL SUGAR

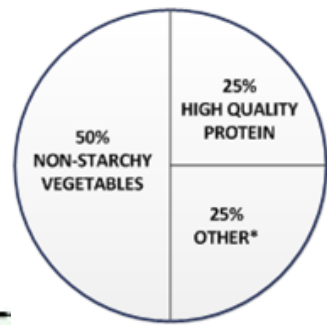
- No high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- No trans-fats

Consume medium/low glycemic fruit sparingly

Consume Natural Sugars in moderation
(including Fructose and Lactose)

2/26/2022

NOTES:



Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time:		

SNACK:
Time:

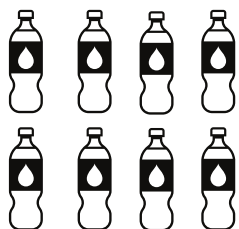


One small change I made today.

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
DINNER		
Time:		

SNACK/Time:
Blood Sugar Test Results:
Time:

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



WEEKLY FIVE

Journal

February 2022

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	♥	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

"how do you spell 'love'?"
- piglet



"you don't spell it
you feel it"
- pooh

"CROWD OUT"

2/27/2022

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes | <input type="checkbox"/> No Processed Foods with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |

"Non-trigger" Sugar Free Alternative Sweeteners of Choice are OK

AVOID "Diet" Soda

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white or brown rice (Exception: very small amounts of brown rice , if NOT a trigger food)
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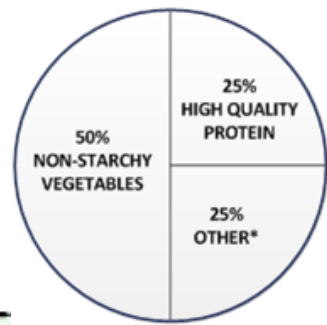
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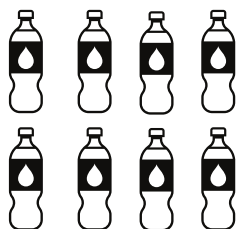
SNACK:
Time:



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"CROWD OUT"

2/28/2022

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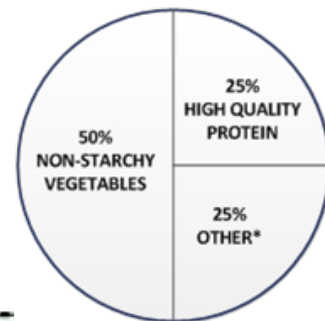
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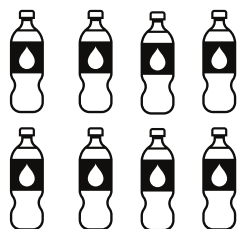


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2/28/2022

Freewriting

CONGRATULATIONS!

- Persistence Paid Off, you finished this month's Journal
- Make sure to reward yourself for Commitments Kept!





Water does not cut
through rock with its
strength only.

It does so by being
relentlessly persistent....

Never, never, never give up.
Winston Churchill