





Helpful Rhythms

Have phone off between *pm and *am
Read before bed
Cooler room
Finish eating at *pm

Healthy Balanced Meals

Eat a wider variety of plant foods
Rainbow Colour Chart
Adjust portion sizes
Learn to cook from scratch
Look into YPoP

Healthy Snacks if needed

Listen to my body more
Have a snack handy in handbag
Look up some snack bar recipes

Increasing Resistance Work

Start 12 min body weight exercises
Increase the weight that I am using
Do a wall squat when I boil the kettle
Do a chair workout

Daily Movement

xnumber steps
Armchair aerobics
House work
Run
Look into classes I enjoy
Meet a friend for a walk x3 weekly

Giving your Body Break from Food

Weekdays enjoy a break between dinner and breakfast.
Have dinner earlier

Flattening Glucose Curves

Eat a green salad before dinner
Have glass of water with vinegar before meals
Keep a note of weather I feel I get sugar lows
Use a CGM
Investigate Glucose Hacks

**Healthy
Balanced Meals**

**Healthy Snacks
if needed**

**Increasing
Resistance Work**

**Daily
Movement**

**Giving your Body
Break from Food**

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**Helpful
Rythmns**