

Week 1–4 Small Wins Checklist

Week 1: Get Set, Get Curious

- ☐ Applied CGM sensor successfully
- ☐ Logged at least 3 meals or snacks
- ☐ Noticed one spike or dip pattern
- ☐ Downloaded and reviewed the Starter Packet
- ☐ Took a screenshot of a daily glucose curve
- ☐ Identified a non-food trigger (e.g., stress, sleep)
- ☐ Said to myself: “I’m gathering data, not judging myself.”

Week 2: Observe Patterns

- ☐ Logged meals for 3+ consecutive days
- ☐ Noticed how your body responds to one favorite food
- ☐ Wore CGM during a stressful or active day
- ☐ Ate a protein-rich breakfast 2+ days
- ☐ Tried a walk after a meal and noted the impact
- ☐ Noticed a high or low overnight trend
- ☐ Celebrated one small moment of body awareness or energy improvement

Week 3: Experiment Gently

- ☐ Made one intentional food swap (e.g., bread → berries + nuts)
- ☐ Noted your response to sleep, stress, or hydration
- ☐ Reduced a late-night spike by eating earlier or with more protein
- ☐ Shared one insight with a friend, family member, or coach
- ☐ Began journaling a few quick thoughts each day (emoji or single word is fine!)
- ☐ Reframed one number with compassion instead of frustration
- ☐ Recognized progress—even if imperfect

Week 4: Reflect & Plan

- ☐ Identified your most stable meals/snacks
- ☐ Noticed one unexpected pattern worth exploring
- ☐ Saved screenshots of 2–3 helpful glucose days
- ☐ Scheduled (or considered) a follow-up coaching session
- ☐ Reflected: What’s changed in how I feel or think about blood sugar?
- ☐ Decided if I want to keep using a CGM or recheck periodically
- ☐ Celebrated completion of the full 4-week journey!