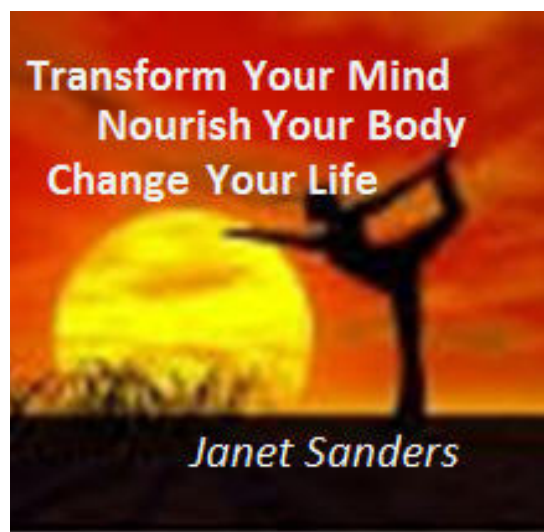


Blood Sugar Central's LIVE FREE Daily Journal INSTRUCTIONS MANUAL



Janet Sanders, CHC



The LIVE FREE Daily Journal is designed to support you and help you to stay on track with a Blood Sugar Friendly 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 Workbook & 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.



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

- At the beginning of each month, complete the Self Assessment.
- 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.

Monthly Self Assessment

INSTRUCTIONS

The first step in changing behavior is self-awareness. To help you gain greater clarity about the foods you are eating and everyday habits, I created an assessment exercise that is designed to uncover key behaviors that affect insulin resistance and blood sugar management. As you move through the month, you can refer back to this exercise in order to identify habits holding you back and then make plans to put changes in place.

Have fun with this exercise. Do not “over think” your responses. There are no right or wrong answers. Remember, you can’t change a habit until you are fully conscious of the behavior. With that in mind, the main purpose of the exercise is to bring your habits to your full awareness and to get you thinking about what you eat, how you exercise and how you manage your health on a day to day basis.

You will take the assessment at the beginning of each month so that you can see your progress and help you to identify where your challenges are for each month. It will also help you to see if you are consistently moving forward, sliding backwards or holding steady with improvements so that you can make adjustments.

It is recommended that you use colored pencils or pens to either put an X in the appropriate checkbox or fill in the checkbox with the appropriate color. The resulting diagrams will provide you with a visual of where you are at the start of the challenge, and the areas where you were able to make changes in a very short time throughout the challenge. A sample is provided in the page below.

- The time frame that you should use as applicable is how you have been eating/living at over the past two weeks. (i.e. the two weeks preceding the date you are filling out the assessment)
 - Example: It is optimal to eat 1-2 servings of non-starchy vegetables with each meal. If you have been doing this 5-7 days a week over the past two weeks either place a Green X in the "Non-Starchy Vegetable" checkbox or use a green pen/pencil to fill in the checkbox.
- At the bottom of the form, circle the "feelings" that you are currently experiencing in relationship to your general health and well being. Add in any feelings that are not included in the list.

DATE: 12/01/21

SAMPLE SELF ASSESSMENT

ITEM

OPTIMAL

RATING

EAT MORE

- Non-Starchy Vegetables

1-2 Servings each meal/snack

- Healthy Protein

1 Serving each meal/snack

- Healthy Fats

1 Serving each meal/snack

GREEN:
Optimal 5-7 days a week
YELLOW:
Occasional consumption
RED: Rarely Consume

AVOID/ ELIMINATE

- Added Sugar

Eliminate more than 1 gram
(Avoid 1 gram or less)

> 1g = 1g or < 1g

- White Potatoes

Avoid

GREEN: Rarely Consume
YELLOW: 3-5 times weekly

- Grain-based Flour Products

Eliminate

RED: Often/Every day

- 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

- Hydration

4-8 Servings

- Restful Sleep

7-8 Hours

- "Stress Busters"

15-30 Minutes

- Family/Fun/Selfcare

1 HOUR +

GREEN: 5-7 Days**YELLOW:** 3-4 Days**RED:** 1-2 Days/Rarely

FEELINGS

Depressed

Lethargic

Nervous

Other:

Worried

Tired

Numb

OK

Angry

Sad

Tense

Functional

Upset

Anxious

Deprived

Happy

Relaxed

Serene

Other:

Energized

Excited

Calm

sometimes happy depends on the day

Proud

Hopeful

Satisfied

Confident

Peaceful

Joyful

Monthly Commitment Contract

INSTRUCTIONS



Very often there is a big gap between having goals and achieving them.

Commitment Contracts eliminate this gap by creating accountability to ensure that you follow through with your intentions.

Our brains want us to be consistent so our actions often match our thoughts. That means the act of **creating** and **signing** a Commitment Contract changes our view about taking action. Rather than a bunch of desires kept in your head, a written contract is something you physically agree to doing. Thus, your mind will now try its best to stick to the contract you've made, even one that's just with yourself.

Using the Monthly Commitment Contract & Habit Tracker:

- At the beginning of the month identify a habit that is holding you back & identify a commitment you are ready to make to change this habit. (if there are specific activities that can help you to change this habit, list those as well) At the end of the month, if you were able to complete those activities, reward yourself, with a NON-FOOD gift. (examples: get a manicure, sign up for a dance class, buy some comfy PJ's, get that new crockpot you have been wanting)
- Each day track your progress with changing your behavior(s) by making a BIG "X" or color in the circle on the date(s) you complete your new habit in the Habit Tracker.
- Identify any obstacles that may impact your ability to keep your commitments and jot down any ideas to help you overcome those obstacles.
- Sign and Date the Contract.
- At the end of the month note if you were able to meet your commitments, and if not take time to reflect on what issues came up for you (The purpose is NOT to beat yourself up or feel guilty, but rather to take an opportunity to brainstorm some ideas of how you can do things differently next time.)

Monthly Commitment Contract



SAMPLE

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: Eating Grain-Based High Sugar Cookies When I am anxious

New Habit: Putting new behaviors in place when I feel anxious that DOES NOT include grain-based added sugar cookies.

Commitment: NO added sugar grain-based cookies this month

Activities: Do not buy sugar/grain-based cookies, have healthy snacks ready, drink cup of tea when feeling anxious, (or meditate or exercise)

OBSTACLES

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

- Lots of deadlines - [have healthy snacks available, especially around 3pm.]
- Not alot of time to cook this week [cook a batch of roasted vegetables on Sunday, have frozen vegetables available to steam]
- Cold outside - rather than take walk participate in on-line dance class

My reward for keeping my commitments:

- New cozy blanket for my bed!

SIGNED BY: Janet Sanders

DATE 12/5/2021

Monthly Commitment Contract Review



SAMPLE

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:

- New cozy blanket for my bed!

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

February Habit Tracker:

This month I commit to: Eating NO added sugar grain based flour cookies

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

DAILY FOOD & SUCCESS HABITS

INSTRUCTIONS

The Purpose of the Daily Food & Success Habits Section is to provide you with an easy way to keep a record of your eating and exercise behavior including: the foods you are "crowding out" of your food plan, the foods you are "adding in" along with your daily success habits. 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.

On the first page of this section, each day you will record the foods that you successfully avoided that day. These are the “CROWD OUT” foods that cause sharp rises in blood sugars and insulin.

It is important to remember that no particular food is good or bad. But, there are food choices that based on your particular physical condition lead you either towards or away from your goals and vision of health. The foods that are recommended to avoid in the BSC Food Guide are those that for most people cause blood sugars to rise sharply after consuming and for most, if consumed, would lead away from better blood sugars.

No food is “off limits”, but certain foods should be included very, very sparingly on special occasions. The only exception is that you should totally eliminate foods if they are a “trigger food” or based on your biochemistry your blood sugars rise sharply after consuming. There are three categories listed, and all you need to do is place a check next to the foods that were not eaten that day.

This exercise of daily noting the foods avoided is important because if you are having challenges avoiding certain foods, that pattern will emerge and you will be able to address how to start eliminating these foods with greater clarity.

On the second page of this section, each day you will also record the foods that you ate that day, along with success habits that you completed. These are the “ADD IN” foods that support blood sugar health. These are foods that you can include on a daily or weekly basis. Use the LIVE FREE FOOD Guide to make choices that lead you towards better blood sugars & vibrant health.

You will want to flip-flop the typical meal that focuses on lots of protein and large portions of carbohydrates to meals with MORE non-starchy vegetables accompanied by healthy protein, and small portions of healthy fats and other foods that moderate the blood sugar & insulin response.

Be as accurate as possible with what you eat and the amount. Portion sizes are important, but do not get “hung up” on precision measurements. The idea is to track what types of foods you are eating so that you can develop the habit of eating foods that support your ability to manage weight and control your blood sugar. Be honest with yourself. The journal is for your benefit

"CROWD OUT"

DATE:

ADDED SUGAR:



No Beverages with Added Sugar



No Salad Dressing with Added Sugar

had store bought with 1 g. added sugar



No Sugar Added to Recipes



No Processed Foods with Added Sugar



No High Fructose Corn Syrup



No Yogurt with Added Sugar

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

AVOID "Diet" Soda *(had 1 diet soda with lunch)*

"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) *(had less than 1/4 cup brown rice at Chinese Restaurant)*



NO white potatoes



NO whole grains, (exceptions: steel cut oats, barley, quinoa occasionally)



NO Grain Based Pasta (Exception: Very Small Portion of high protein pasta, if not a trigger food)

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 *(had 15 blueberries)*

Consume Natural Sugars in moderation

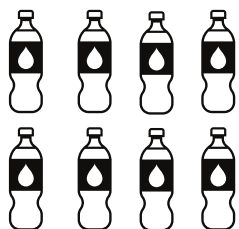
(including Fructose and Lactose) *(did well, just a small amount of plain yogurt with vanilla stevia drops)*

TRACKING YOUR DAILY FOOD

- Don't get hung up on the labels. Try to have your first meal that "breaks" your overnight "fast" within 2 hours of waking---UNLESS you are using Intermittent Fasting.
 - Then eat your first meal in accordance with your IF schedule. And if you are only eating 2 meals (with snacks) --use whichever meal block(s) you think best represents your schedule. (See IF SAMPLE)

Non-Starchy Vegetables		Quality Protein	Other
<p>Blood Sugar Test Results: Time:</p>			
<p>BREAKFAST</p> <p>Time:</p>		<p>Try to include vegetables in your first meal of the day. But, If your breakfast includes an amount of non-starchy vegetables amounting to less than 50% that is fine. The general idea is to have an amount of vegetables that is approximately 50% of your overall food for the day. Be sure to include Quality Protein, Healthy Fats and foods with fiber in your breakfast menu.</p>	
<p>SNACK: Time:</p>			
Non-Starchy Vegetables		Quality Protein	Other
<p>Blood Sugar Test Results: Time:</p>			
<p>LUNCH</p> <p>Time:</p>		<p>You will note that the tracker design is an inverted triangle. This is a "gentle reminder" to gradually decrease your food consumption as you move from morning to night.</p> <ul style="list-style-type: none"> • If eating 3 meals, try to have lunch be your main meal on most days with a lighter dinner menu. 	
<p>SNACK: Options: Time:</p> <ul style="list-style-type: none"> • Hearty breakfast, smaller but substantial lunch, & a light dinner • Small breakfast, hearty lunch & light dinner 			
Non-Starchy Vegetables		Quality Protein	Other
<p>Blood Sugar Test Results: Time:</p>			
<p>DINNER</p> <p>Time:</p>		<p>If Intermittent Fasting with only 2 meals:</p> <ul style="list-style-type: none"> • Have your first meal be your "main" meal and a plan a lighter menu for your second meal. 	
<p>SNACK/Time: Blood Sugar Test Results: Time:</p>		<p>Have 1-2 small blood sugar friendly snacks throughout the day as needed. Try to stop eating by 8 PM most days.</p>	

Servings of Water
1 bottle = 8 ounces



"Stress Busters"
1 heart = 15 minutes




Exercise
1 figure = 1/2 hr



Three Meal Sample

Include Quality Carbohydrates based upon their:

- **Type** (Simple Carbs vs. Complex Carbs that moderate the blood sugar & insulin response)
- **Processing** (less processing is generally better for blood sugar control)
- **Amount** (determine if you can include a food with higher amount of carbs by eating a smaller portion, examples: Blueberries, Beans)


Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: 133 Time: 8:00 AM BREAKFAST  Time: 8:30 AM Veggie Omelet: 2 Eggs with onions, peppers & goat cheese Vegetables sautéed in olive oil Cup of de-calf coffee with 1 tbsp 1/2 & half		

SNACK:

Time:



Today I am grateful for:
My family

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: 110 Time: 12:45 PM LUNCH  Time: 1:00 PM Bowl of 3 Bean Chili & Tofu (1 cup) Hearty Salad - Romaine lettuce with shaved carrots, diced peppers red onion, and 2 tbsp. no sugar added Ranch Dressing Sparkling Water with Lemon Drop Stevia		

SNACK:

Time:

3:15 PM

3 slices cheddar cheese


Mix (1/4 Cup pumpkin seeds, sunflower seeds, pecans

Green Tea with liquid stevia



One small change I made today.

Took the stairs to office instead of elevator

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time: DINNER  Time: 6:15 PM Grilled Salmon (with lemon) Roasted Broccoli & Cauliflower Decaf Black Iced Tea		

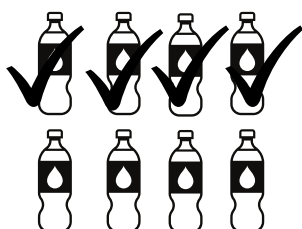
SNACK/Time: 7:30PM

Blood Sugar Test Results:

Time: 107 9:30 PM

1/2 Serving (4 ounces) Chocolate Protein Smoothie (Non-sweetened Almond Milk, Acai, Whey Powder, no sugar cacao, ice)

Servings of Water
1 bottle = 8 ounces



"Stress Busters"

1 heart = 15 minutes



Exercise
1 figure = 1/2 hr



Sample 16:8 Intermittent Fasting Schedule (meals between Noon - 8 PM)

- "Break" "Fast" 1st meal at Noon
- Small Snack at 3:00
- Light Dinner at 6:30

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: 133 Time: 8:00 AM		
BREAKFAST		
Time:		

SNACK:
Time:



Today I am grateful for:
Good report from eye doctor

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: Time:		
LUNCH		
Time: NOON		
Chicken & Vegetable Stir Fry with Quinoa Side Salad - Romaine lettuce with red onion, and 2 tbsp. Vinaigrette Sparkling Water with Lemon Drop Stevia		

SNACK:

Time: 3:30 PM

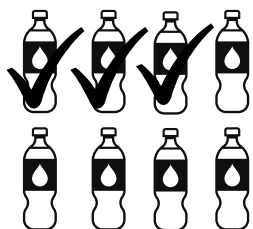
Chocolate Protein Smoothie (Non-sweetened Almond Milk, Frozen Acai, Whey Powder, no sugar cacao, ice)

Non-Starchy Vegetables	Quality Protein	Other
Blood Sugar Test Results: 105 Time: 6:00 PM		
DINNER 6:45 PM		
Time:		
Vegetable Soup Low Carb (no grain based flour) wrap filled with Salmon & Sautéed Vegetables (cabbage, carrot, onions) Decaf Black Iced Tea		

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





DATE:

Freewriting

The purpose of writing in a daily journal is to get in touch with your underlying dreams, challenges, fears or areas of confusion --- with the ultimate goal of gaining a greater connection with yourself so that you can move forward with greater clarity

Daily Free Form Writing can help to get you "unblocked" in many situations including:

- Feeling "depressed" about having to transition to a new way of eating
- Being on a weight plateau or having constant high blood sugars
- Feeling stuck in your career, relationship(s), or life's work
- Having a major decision to make, and not sure which way to go

INSTRUCTIONS

Using the 2 pages provided each day, write whatever pops into your mind. There is no "right or wrong" way to complete your pages. Just start writing, and you will be surprised where your mind leads you. In a few days, you may find some patterns and answers emerging. At the very least this type of free form writing helps calm daily worries so that you can achieve daily goals.

I have started many a journal session with: "*I don't feel like writing today, not sure what to write about. Hmm, I am feeling a little sad this morning, maybe I should look into that. Could it be that I am missing my daughter*", and by the way, *I am craving bread like crazy....etc*

If you are having trouble getting started, a technique you can use is asking for assistance from your "Higher Power", "Higher Self", "Creator", "Guardian Angel", "Spiritual Guide" (whatever resonates with you) to give you guidance. If you want to use this journaling method, start out with the paragraph below, and from there write down whatever comes into your mind.

I call upon [My Higher Self; The Universe; My Spiritual Guide; etc.] to write to me and through me any message(s) or guidance I am meant to receive in this moment concerning ["my life overall, my career, my struggles with food", etc.]

What you write about depends on your circumstance, and this could change daily depending on what is going on for you.



Water does not cut
through rock with its
strength only.

It does so by being
relentlessly persistent....

Never, never, never give up.
Winston Churchill