

# Your Level2 Achievement Checklist

**You've already come a long way in Level2 – well done!** You were recently told that you've reached the point where you can taper your CGM use. Change can be scary sometimes, but we want you to see this as good news because it means you've learned a lot about what works for your body. You no longer need to be staring at your app all day to figure that out.

Don't believe it? Well, we would like to help **you** see what **we** see in your progress. This **Achievement Checklist** can serve as a tool and a document that you can keep and look back on as you move forward only wearing your CGM intermittently.

**Print, fill in the blanks and keep this somewhere convenient!**

## WHAT I'VE LEARNED: PART 1

What do I need to keep in moderation in order to limit glucose spikes (for example, oat milk lattes from your favorite coffee place)?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What do I need to do to get my glucose back in a good place after I make a not-so-healthy choice (for example, go for a 20-minute walk)?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When I feel (FILL IN THE BLANK) \_\_\_\_\_, it usually means my glucose is too low.

When I feel (FILL IN THE BLANK) \_\_\_\_\_, it usually means my glucose is too high.

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## WHAT I'VE LEARNED: PART 2

Here are some bad combinations for me (for example, when I eat cereal for breakfast and then sit down for three hours, or when I go out for a late dinner and then go straight to bed):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here are some good combinations for me (for example, having a big dinner with wine but then skipping breakfast and fasting until noon the next day):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## WHAT I'VE LEARNED: PART 3, MY HEALTHY HABITS

List the routines that you do to keep your glucose in range. (For example, getting 8 hours of sleep or eating protein first.) Feel free to list more healthy routines as you add them to your life, and use this table to remind yourself about them. **Print this page and keep it somewhere convenient.**

ROUTINE	DESCRIPTION	FREQUENCY	COMPLETED DAILY?
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
			<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO