



A SPECIAL OCCASIONS PLANNER FOR LEVEL2 MEMBERS

Navigating special occasions can be tricky when you have type 2 diabetes, but Level2 has you covered. From deflecting “food pushers” to planning ahead when you are offered a festive drink, we will help you find strategies that work to keep you healthy no matter what you’re celebrating.

Use the following questions below to think about how you’ll plan for special occasions this year. Print this page or write the answers in a journal so you can reflect and feel prepared for the coming months.

What is my biggest special occasion success from the past?

What is my biggest special occasion barrier?

How do I plan to overcome my barrier this year?

What is my nutrition plan for special occasions?



What does your ideal special occasion plate look like? Write the foods you plan to eat here (or feel free to draw a plate and the foods on it):

EXERCISE IS IMPORTANT TOO!

What is my movement plan for the special occasion?

What type? (Examples: yoga, weight training, walking, etc.)

How long? (Example: 20 minutes, 4 times per week)

When? (Example: Birthday morning)

CONTINUOUS GLUCOSE MONITOR

Where are my current glucose levels now?

Where do I want my glucose levels to be after the special occasion?



SUPPORT

What kind of support do you need to be successful before a special occasion?

Here are some ideas you can choose from:

- Sticky notes
- Phone reminders
- Journaling
- Using my coach or the Level2 app
- Asking a friend or family member to help
- Creating a menu
- Tracking my glucose levels through my CGM
- Creating a vision board
