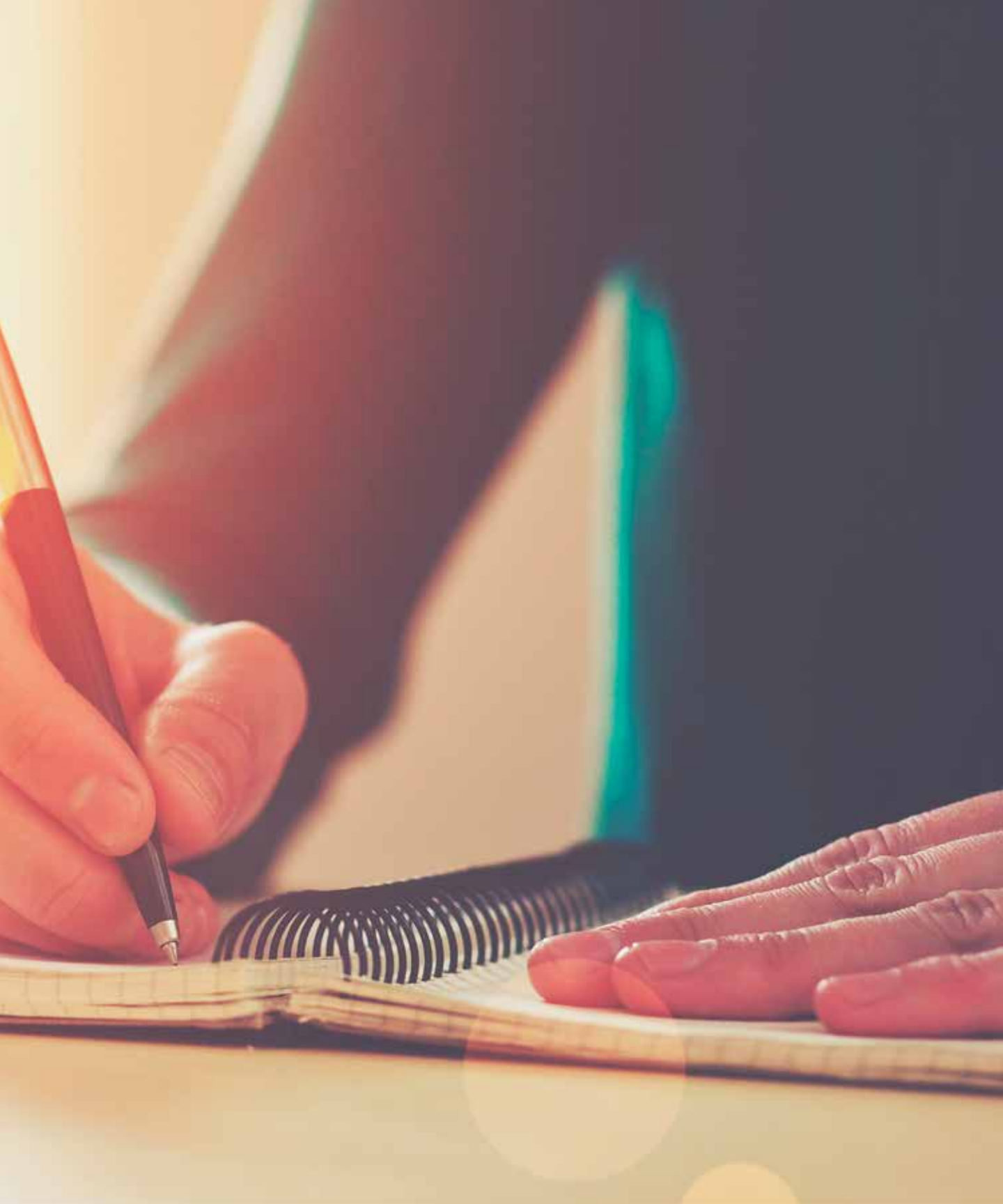


# 21-DAY JOURNAL







## The 21-Day Challenge

Here is where your newly formed knowledge gets put to work.

The Diabetes Undone Journal is designed to help you set and reach your wellness goals. By planning and reflecting on your healthy or unhealthy habits, you focus on the small changes that will get you to your goal. Yes, goals are important to identify and give direction to your life, but they can be daunting sometimes, and in fact, your daily habits are what will get you there – step by mighty step.

### How does it work?

It's really simple—it's based around a plan/do/reflect style of journaling.

- ★ Plan your meals and choose your goals for the following week. (Ideas: Drink 8 glasses of water every day. Read before bed instead of surfing the Internet. Go for a 30-minute walk after dinner. Cut out coffee.)





- ★ Write down the daily habits and minor goals that you think will help you achieve larger, weekly goal.
- ★ Plug those habits into your daily food, mood, and activity tracker pages.
- ★ At the beginning and end of each day, take a few minutes (or more) to reflect on how you did.
- ★ Reflect at the end of each week, and repeat!

Use it for recording and acknowledging the daily habits that will put you on a positive health journey. Use it to plan your day ahead. Use it to reflect on how well you did throughout the day and assess the progress you're making towards undoing your diabetes. Use it to get into the habit of feeling gratitude. Use it to hold yourself for actions taken or not taken towards better health. Take it everywhere, mark off your habits as you go along and remind yourself that this is your life, your health –you have what it takes.





# WEEKLY MEAL PLAN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BREAKFAST

LUNCH

DINNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST					
LUNCH					
DINNER					



# THIS WEEK'S GOALS

WEEK 1



HABITS I WANT TO BREAK OR SET



GOAL

S

M

T

W

T

F

S

●

DAYS

○ ○ ○ ○ ○ ○ ○ ○

●

DAYS

○ ○ ○ ○ ○ ○ ○ ○

●

DAYS

○ ○ ○ ○ ○ ○ ○ ○

●

DAYS

○ ○ ○ ○ ○ ○ ○ ○

●

DAYS

○ ○ ○ ○ ○ ○ ○ ○



WHAT IS MY TOP PRIORITY FOR THIS WEEK?

●



WHAT IS MY MOTIVATION?

●



HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?

●



“

Setting goals is the first step in  
turning the invisible into the visible.

-TONY ROBBINS





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•

DATE:

WEEK 1



*Motivation* is what gets you started. *Habit* is what keeps you going.

-JIM RYUN



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Positivity is like a *muscle*; keep exercising it, and it becomes a habit.

-NATALIE MASSENET



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



I believe that the greatest gift you can give your family and the world is a *healthy you*.

-JOYCE MEYER



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



He who has *health*, has hope; and he who has hope, has *everything*.

-THOMAS CARLYLE



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



The groundwork of all happiness is health.

-LEIGH HUNT



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Natural forces within us are the true healers of disease.

-HIPPOCRATES



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



What is called genius is the abundance of life and health.

-HENRY THOREAU



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



“

*Perseverance is not a long race; it is **many short races** one after the other.*

*—WALTER ELLIOT*



AM I HAPPY WITH HOW I SPENT MY TIME THIS WEEK?



WHAT AM I MOST PROUD OF THIS WEEK?



UNHEALTHY HABITS



HEALTHY HABITS



WHAT IS ONE STEP I CAN TAKE TO PROGRESS IN MY HEALTH JOURNEY?







# WEEKLY MEAL PLAN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BREAKFAST

LUNCH

DINNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST					
LUNCH					
DINNER					



# THIS WEEK'S GOALS

WEEK 2



HABITS I WANT TO BREAK OR SET



GOAL

S

M



T

W

T

F

S

	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WHAT IS MY TOP PRIORITY FOR THIS WEEK?





WHAT IS MY MOTIVATION?





HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?





“

Success is *steady progress*  
toward one's personal goals.

—JIM ROHN





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•

DATE:

WEEK 2



Your body hears everything your *mind* says.

-NAOMI JUDD



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

-HELEN KELLER



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



*There was never a night or a problem that could defeat sunrise or hope.*

—BERNARD WILLIAMS



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•

DATE:

WEEK 2



*Learn from yesterday, live for today, hope for tomorrow.*

—ALBERT EINSTEIN



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•

DATE:

WEEK 2



A little more persistence, a little more effort, and what seemed hopeless failure may turn to *glorious success*.

-ELBERT HUBBARD



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Tomorrow hopes we have *learned* something from yesterday.

-JOHN WAYNE



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Progress is impossible without *change*, and those who cannot change their minds cannot change anything.

—BERNARD SHAW



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



“

*It does not matter how slowly you go as long as you **do not stop.***

**-CONFUCIUS**



AM I HAPPY WITH HOW I SPENT MY TIME THIS WEEK?



WHAT AM I MOST PROUD OF THIS WEEK?



UNHEALTHY HABITS



HEALTHY HABITS



WHAT IS ONE STEP I CAN TAKE TO PROGRESS IN MY HEALTH JOURNEY?





# WEEKLY MEAL PLAN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BREAKFAST

LUNCH

DINNER




# THIS WEEK'S GOALS

WEEK 3



HABITS I WANT TO BREAK OR SET



GOAL

S

M


T

W

T

F

S

	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DAYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WHAT IS MY TOP PRIORITY FOR THIS WEEK?





WHAT IS MY MOTIVATION?





HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?





Act as if what you do  
makes a difference. *It does.*

-WILLIAM JAMES







GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



If there is no *struggle*, there is no progress.

-FREDERICK DOUGLASS



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



With the new day comes new *strength* and new *thoughts*.

-ELEANOR ROOSEVELT



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



The harder the struggle, the more *glorious* the triumph.

—SWAMI SEVANANDA



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



*Only I can change my life. No one can do it for me.*

-CAROL BURNETT



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY





GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•

DATE:

WEEK 3



Our greatest weakness lies in *giving up*. The most certain way to succeed is always to *try just one more time*.

—THOMAS EDISON



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

•

•

•



TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

SAD

GROGGY

EXCITED

WEAK

CONTENT

TENSE

BORED

ENERGIZED



LESSONS LEARNED TODAY

•



REFLECTION ON TODAY

•



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



Never, never, *never* give up.

-WINSTON CHURCHILL



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

●		
●		
●		



TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY

●



REFLECTION ON TODAY

●



GRATITUDE

•

•

•



TODAY'S GOAL

•



HOURS SLEPT

•

TO

•



WAKING UP, I FELT

•



TODAY'S FOOD

•

•

•

•

•

•

•



NOTES

•

•

•

•

•

•

•



WATER

•

•

•

•

•

•

•



*It always seems impossible until it is done.*

-NELSON MANDELA



EXERCISE / ACTIVITY



DURATION



DIFFICULTY




TODAY, I FELT

HAPPY	FRUSTRATED	PLEASED	STRESSED	INSPIRED	
EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



“

*A person whose mind is **quiet and satisfied in God** is in the pathway to health.*

*– ELLEN WHITE*



AM I HAPPY WITH HOW I SPENT MY TIME THIS WEEK?



WHAT AM I MOST PROUD OF THIS WEEK?



UNHEALTHY HABITS



HEALTHY HABITS



WHAT IS ONE STEP I CAN TAKE TO PROGRESS IN MY HEALTH JOURNEY?

