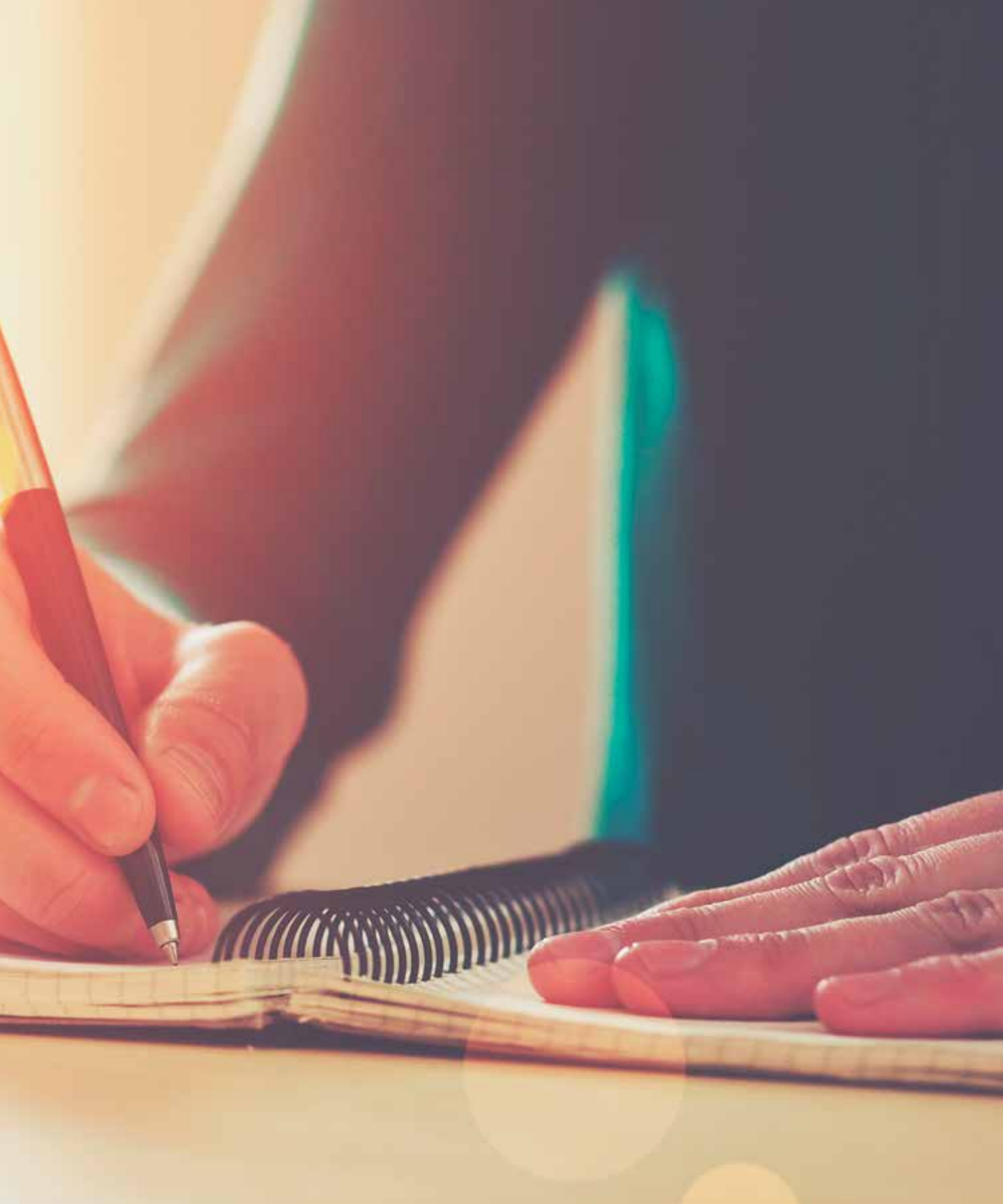


21-DAY JOURNAL







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



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WHAT IS MY TOP PRIORITY FOR THIS WEEK?

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WHAT IS MY MOTIVATION?

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HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?

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



GRATITUDE

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TODAY'S GOAL

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

-JIM RYUN



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

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TODAY, I FELT

HAPPY

FRUSTRATED

PLEASED

STRESSED

INSPIRED

EXHAUSTED

SATISFIED

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GROGGY

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WEAK

CONTENT

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LESSONS LEARNED TODAY

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REFLECTION ON TODAY

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

-NATALIE MASSENET



EXERCISE / ACTIVITY



DURATION



DIFFICULTY



TODAY, I FELT

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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
CONTENT	TENSE	BORED	ENERGIZED		



LESSONS LEARNED TODAY



REFLECTION ON TODAY



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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



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

-THOMAS CARLYLE



EXERCISE / ACTIVITY



DURATION



DIFFICULTY



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



LESSONS LEARNED TODAY



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The groundwork of all happiness is health.

-LEIGH HUNT



EXERCISE / ACTIVITY



DURATION



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DATE:

WEEK 1



Natural forces within us are the true healers of disease.

-HIPPOCRATES



EXERCISE / ACTIVITY



DURATION



DIFFICULTY

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Three dashed boxes for notes, each with a small orange dot in the top left corner.

Three dashed boxes for notes, each with a small orange dot in the top left corner.



TODAY, I FELT

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LESSONS LEARNED TODAY

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REFLECTION ON TODAY

Large dashed box for notes with a small orange dot in the top left corner.



GRATITUDE

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

-HENRY THOREAU



EXERCISE / ACTIVITY



DURATION



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LESSONS LEARNED TODAY

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REFLECTION ON TODAY

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*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



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WHAT IS MY TOP PRIORITY FOR THIS WEEK?

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WHAT IS MY MOTIVATION?

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HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?

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“
Success is *steady progress*
toward one's personal goals.
— JIM ROHN



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Your body hears everything your *mind* says.

-NAOMI JUDD



EXERCISE / ACTIVITY



DURATION



DIFFICULTY



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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LESSONS LEARNED TODAY



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

-HELEN KELLER



EXERCISE / ACTIVITY



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

—BERNARD WILLIAMS



EXERCISE / ACTIVITY



DURATION



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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WEEK 2



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

—ALBERT EINSTEIN



EXERCISE / ACTIVITY



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

-ELBERT HUBBARD



EXERCISE / ACTIVITY



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Tomorrow hopes we have *learned* something from yesterday.

-JOHN WAYNE



EXERCISE / ACTIVITY



DURATION



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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LESSONS LEARNED TODAY



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

—BERNARD SHAW



EXERCISE / ACTIVITY



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LESSONS LEARNED TODAY

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*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?



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WEEKLY MEAL PLAN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BREAKFAST

LUNCH

DINNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST					
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THIS WEEK'S GOALS

WEEK 3



HABITS I WANT TO BREAK OR SET



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WHAT IS MY TOP PRIORITY FOR THIS WEEK?

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WHAT IS MY MOTIVATION?

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HOW WILL I REWARD MYSELF FOR REACHING THESE GOALS?

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

-WILLIAM JAMES





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

-FREDERICK DOUGLASS



EXERCISE / ACTIVITY



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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LESSONS LEARNED TODAY



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

-ELEANOR ROOSEVELT



EXERCISE / ACTIVITY



DURATION



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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The harder the struggle, the more *glorious* the triumph.

-SWAMI SEVANANDA



EXERCISE / ACTIVITY



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EXHAUSTED	SATISFIED	SAD	GROGGY	EXCITED	WEAK
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LESSONS LEARNED TODAY



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

-CAROL BURNETT



EXERCISE / ACTIVITY



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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



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TODAY, I FELT

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Never, never, *never* give up.

-WINSTON CHURCHILL



EXERCISE / ACTIVITY



DURATION



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TODAY, I FELT

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



LESSONS LEARNED TODAY



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It always seems impossible until it is done.

-NELSON MANDELA



EXERCISE / ACTIVITY



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LESSONS LEARNED TODAY

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REFLECTION ON TODAY

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“

*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?

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WHAT AM I MOST PROUD OF THIS WEEK?

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UNHEALTHY HABITS



HEALTHY HABITS

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

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Congratulations!

You made it! What an invigorating journey you've come so far on—you started by understanding that life is meant to be lived with fullness and purpose, and, step by step, you made changes to make it so.

As this program comes to a close, we encourage you to anticipate tomorrow with even greater hope and purpose. Just like how graduating from university is the beginning of your life in the "real world," the close of Diabetes Undone is just the beginning of your health journey. As we send you off, our hope and prayer is that the information you've learned will be a tremendous blessing for you, your family, and your community.

As you now know, diabetes can be undone, but you will never be done taking care of your health—and that's actually quite exciting! True, energizing wellness happens, one day and one positive choice at a time. So keep up the good work; continue applying the health principles you've learned, and don't stop setting goals for yourself! Your life can be so much more invigorating than you'd ever imagined.

In closing, we want to leave you with the same wish the apostle Paul left with his friends:

"Beloved, I wish above all things that you will prosper and be in good health, even as your soul prospers." 3 John 1:2 NKJV





Workbook Answer Key

STEP 1 CHANGE YOUR PARADIGM

Out with the Old/In with the New (P. 16)

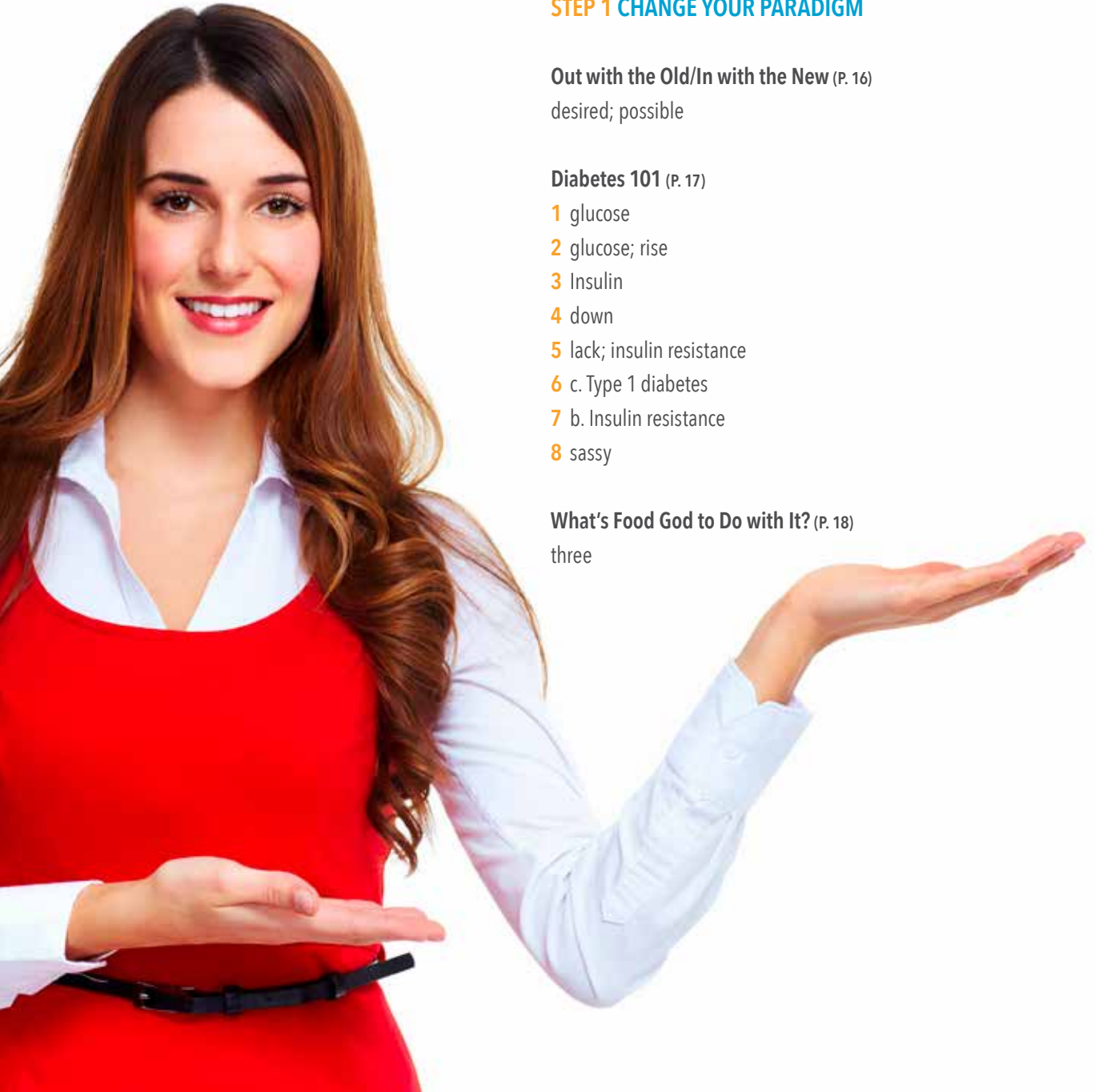
desired; possible

Diabetes 101 (P. 17)

- 1 glucose
- 2 glucose; rise
- 3 Insulin
- 4 down
- 5 lack; insulin resistance
- 6 c. Type 1 diabetes
- 7 b. Insulin resistance
- 8 sassy

What's Food God to Do with It? (P. 18)

three



STEP 2 TREAT THE CAUSE

Complications (P. 22)

- 1 heart disease
- 2 65; heart disease; stroke

The Perfect Storm (P. 23)

- 1 c. Circulation
- 2 circulatory; circulatory
- 3 tip; iceberg

Cause Determines Cure (P. 24)

- 1 b. A person who currently meets the diagnostic criteria
- 2 causes
- 3 b. Trace from cause to effect

Exercise and Diabetes/After-Meal Exercise (P. 25)

- 1 b. Glucose
- 2 45
- 3 1; 3
- 4 Because after-meal exercise can prevent blood sugar spikes that occur soon after eating.

Seven Warning Signs (P. 26)

Inactivity; 30; 50; Excess weight; 50; 70; Age (45 years or older); High blood pressure; twice; 120/80; High cholesterol or triglycerides; Family history; epigenetic; destiny; Ethnicity; other

STEP 3 EAT TO LIVE

Green Light Foods (PP. 30-31)

- 1 Fiber
- 2 f. All of the above
- 3 25; 38; 15
- 4 d. All of the above
- 5 b. False

Yellow Light Foods (P. 33)

- 1 b. False
- 2 a. True
- 3 prostate cancer
- 4 c. Applesauce

Red Light Foods (PP. 34-35)

- 1 75; 90; 95
- 2 inflammation
- 3 d. 30 teaspoons
- 4 480
- 5 fat
- 6 a. True
- 7 48
- 8 a. True

Your Kitchen Makeover (P. 36)

- 1 b. False
- 2 trash; healthy; cooking

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STEP 4 TRANSFORM YOUR GENES

Change Your Genes (P. 40)

- 1 b. Factors (besides genes) that influence gene expression
- 2 DNA; expresses
- 3 b. False
- 4 d. All of the above
- 5 free will

Meal Balancing (P. 42)

- 1 index; load
- 2 c. Checking your blood sugars

Eating Healthy in a Hurry (P. 44)

- 1 legumes; non-starchy
- 2 supersize; Share; Avoid; take home container; substitutions; Limit; fat

What About Medication? (PP. 46-48)

- 1 Some people need insulin while others are able to manage or even reverse the condition without it.
- 2 d. All of the above
- 3 twice
- 4 d. All of the above
- 5 d. C-peptide test

Eight Tips for Optimal Digestion (P. 50)

- 1 b. False
- 2 Chew; down; big; medium; small; snacking; irritating; walk; supplements; grateful

STEP 5 BUILD YOUR TEAM

A Word on Weight (P. 54)

- 1 The body's energy needs are greatest at the beginning of the day. Skipping breakfast lowers your metabolism and sets you up to overeat later in the day.
- 2 b. Body composition
- 3 d. All of the above

What About Beverages? (P. 56)

- 1 diabetes; 22
- 2 Diet (or artificially sweetened)
- 3 b. False
- 4 credit
- 5 b. False

Eight Tips for Quality Sleep (P. 57)

- 1 one
- 2 b. False

Everybody Needs Somebody (P. 58)

people; support system; buddy; up; out

Missing Links in Your Health Plan (PP. 60-61)

- 1 mysterious
- 2 c. 1 in 12
- 3 friendly fire
- 4 a. True
- 5 d. None of the above
- 6 type 2 diabetes
- 7 green light; digestion; toxin; Ventilate

STEP 6 CHOOSE THE BEST

Choosing the Best (P. 64)

- 1** d. 35,000
- 2** create; realities
- 3** c. Impulsivity

Here Comes the Sun (P. 66)

- 1** 40
- 2** 20,000; >900
- 3** c. 77%

Other Types of Exercise (P. 72)

45; 5

The Rest of the Tests (P. 74)

- 1** comprehensive
- 2** piece; puzzle

STEP 7 DREAM BIG

The Five Stages of High Blood Sugar (P. 79)

gradual

Dream and Do—Part 1 (P. 80)

dream; do

Resolve Your Ambivalence (P. 82)

mixed feelings

Your Pancreatic Potential (P. 84)

- 1** insulin
- 2** beta cells
- 3** resistant
- 4** d. All of the above
- 5** type 1 diabetes
- 6** d. All of the above

STEP 8 FEED YOUR SOUL

Be Kind to Your Mind (PP. 88-89)

- 1** mind; body
- 2** d. Be kind to your mind
- 3** journey; doable; think

Forgive to Live (P. 90)

- 1** d. All of the above
- 2** imperfect; release

The Faith Factor (P. 93)

seven





Resources

Diabetes Undone Website

diabetesundone.com

Diabetes Undone isn't just a course. It's a movement! Check out our website to learn more about the group model, individual online course, and more!

Life and Health Network

lifeandhealth.org

Want free, reliable wellness info? Check out this website for dynamic articles, recipes, cooking videos, online courses, and more!

Dr. Youngberg's Online Store

store.dryoungberg.com

Goodbye Diabetes is Dr. Youngberg's comprehensive book on the prevention and reversal of type 2 diabetes. This book can reinforce and expand on the information you've learned in *Diabetes Undone*. Dr. Youngberg's online store also contains other books, lectures, and resources.

Brenda Davis' Website

brendadavisrd.com

Brenda Davis, RD, is an award-winning dietitian and bestselling author in the field of plant-based nutrition. Visit her website for delicious recipes, inspiring articles, videos, and more!

Truth Link Website

truthlink.org

Can faith enhance health? We believe so. Whether you're a believer, a seeker, or a skeptic, Truth Link can help you discover a God more beautiful than you've ever imagined.

Are you excited about the direction your journey to health is taking? Do you want to learn more? **Life and Health**, the producers of *Diabetes Undone*, is your next stop.

With more video programs on how to heal and repair your health, fun cooking videos, and articles on the latest health news, Life and Health is all about simplifying what it means to live a healthy, happy life.

What are you waiting for? Don't let your health journey end with this book!
Dive into the world of whole person life and health.

lifeandhealth.org



WHY MANAGE YOUR DIABETES OR PREDIABETES WHEN YOU COULD JUST GET RID OF IT?

*Struggling with high blood sugars? You're not alone. Today, more than a third of all Americans suffer from diabetes or prediabetes. **Your story can be different.***

*Led by diabetes expert Dr. Wes Youngberg, DrPH, **Diabetes Undone** will empower you to optimize nutrition, exercise, and other powerful lifestyle strategies to fight type 2 diabetes and reclaim your health. You'll learn how to resolve high blood sugars by addressing their underlying causes. You'll start rewriting your health story by setting specific goals and logging your progress on them.*

*But the journey isn't just about diabetes. We want you to experience optimal wellness in every area of your life—body, mind, and spirit. So let's get started. **Today is the first day of your new health story.***

