



Diabetes is more than eating sweets

Name _____ Date _____

Your practical task

Observe your routines for seven days without judging yourself.

My diabetes type or question about diagnosis

My support person

One question for my clinician

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. Avoiding sweets guarantees that diabetes cannot occur. _____
2. Type 1 diabetes requires insulin. _____
3. Testing may be needed without symptoms. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.



Seven-day record

Record what you could do and any barriers.

Day	Sweet drinks	Movement minutes	Sleep hours
1			
2			
3			
4			
5			
6			
7			

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. False; 2. True; 3. True

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [NIDDK Diabetes tests and diagnosis](#) · [NIDDK Insulin and other medicines](#)