

**'Dia-Beat This!' - Type 2 Diabetes Reversal Programme**

NAME:

DATE:

SLEEP: 

1	2	3	4	5	6	7	8	9	10
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STRESS: 

1	2	3	4	5	6	7	8	9	10
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ACTIVITY, STEPS:  AND/OR, ACTIVITY, MINS:

MOOD: 

HAPPY	CONTENT	O.K.	SAD	DISTRESSED
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ACTIVITY, STEPS:  AND/OR, ACTIVITY, MINS:

MOOD: 

HAPPY	CONTENT	O.K.	SAD	DISTRESSED
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ACTIVITY, STEPS:  AND/OR, ACTIVITY, MINS:

MOOD: 

HAPPY	CONTENT	O.K.	SAD	DISTRESSED
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**Notes**, i.e. any other changes, physical symptoms, etc.  
Separate sheet provided.

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Dia-BeatThis!

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