

Prediabetes

Prepare for your Dm2life prediabetes class

What you'll learn

- Understanding blood sugar, insulin resistance, and A1c
- How small changes in eating patterns affect glucose
- Movement strategies that fit a busy life
- Sleep, stress, and weight management basics
- Building a personal prevention plan

Pre-class checklist

Check each item off before your session so we can spend our time on you, not on paperwork.

- ☐ Bring your most recent A1c or fasting glucose result, if available
- ☐ Write down 2-3 typical meals and snacks from the last week
- ☐ Note any family history of diabetes
- ☐ Come ready to set one realistic goal

Numbers worth knowing

- A1c 5.7-6.4% is the prediabetes range; 6.5% or higher suggests diabetes.
- Fasting glucose 100-125 mg/dL is the prediabetes range.
- Losing 5-7% of body weight plus 150 minutes of activity a week meaningfully lowers risk.
- Your provider sets your personal targets — write theirs here:

My targets from my provider

Bring-your-own notes

Questions I want answered in class

Brief intake questionnaire

Answer these before class and share them at the start of our session.

- What motivated you to join this class?

- Have you been told you have prediabetes or insulin resistance?

- What is your biggest challenge with meals or movement right now?

My one goal for this class

Always follow your doctor or provider's advice and prescriptions. These materials are for education only and do not diagnose, treat, or replace medical care.