

Preparation Checklist

Get ready for any Dm2life class or 1:1 coaching session

Before you book

- ☐ Confirm the class or 1:1 session that fits your goal
- ☐ Check your calendar for a quiet 45–60 minute window
- ☐ Let your provider know you are taking a diabetes education class

Documents to gather

- ☐ Most recent A1c, fasting glucose, or lab summary
- ☐ Two weeks of glucose readings, meter download, or CGM report
- ☐ Current medication and supplement list with doses
- ☐ Any nutrition or care plan your provider gave you
- ☐ Insurance or provider referral paperwork, if you have it

Food and lifestyle notes

- ☐ Write down 2–3 typical days of meals and snacks
- ☐ Save one or two food labels you want help decoding
- ☐ Note your usual activity: type, minutes, days per week
- ☐ Note typical sleep hours and main stress points

Tech setup for your online session

- ☐ Test your internet, camera, and microphone
- ☐ Join from a private, well-lit room with a door if possible
- ☐ Have headphones ready so we can talk freely
- ☐ Keep water, a notebook, and a pen within reach
- ☐ Sign in 5 minutes early using the link in your confirmation

Questions I want to ask

My goal for this session

After your session

- ☐ Review the notes and plan we build together
- ☐ Share the plan with your doctor or provider
- ☐ Schedule your follow-up or next 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.