

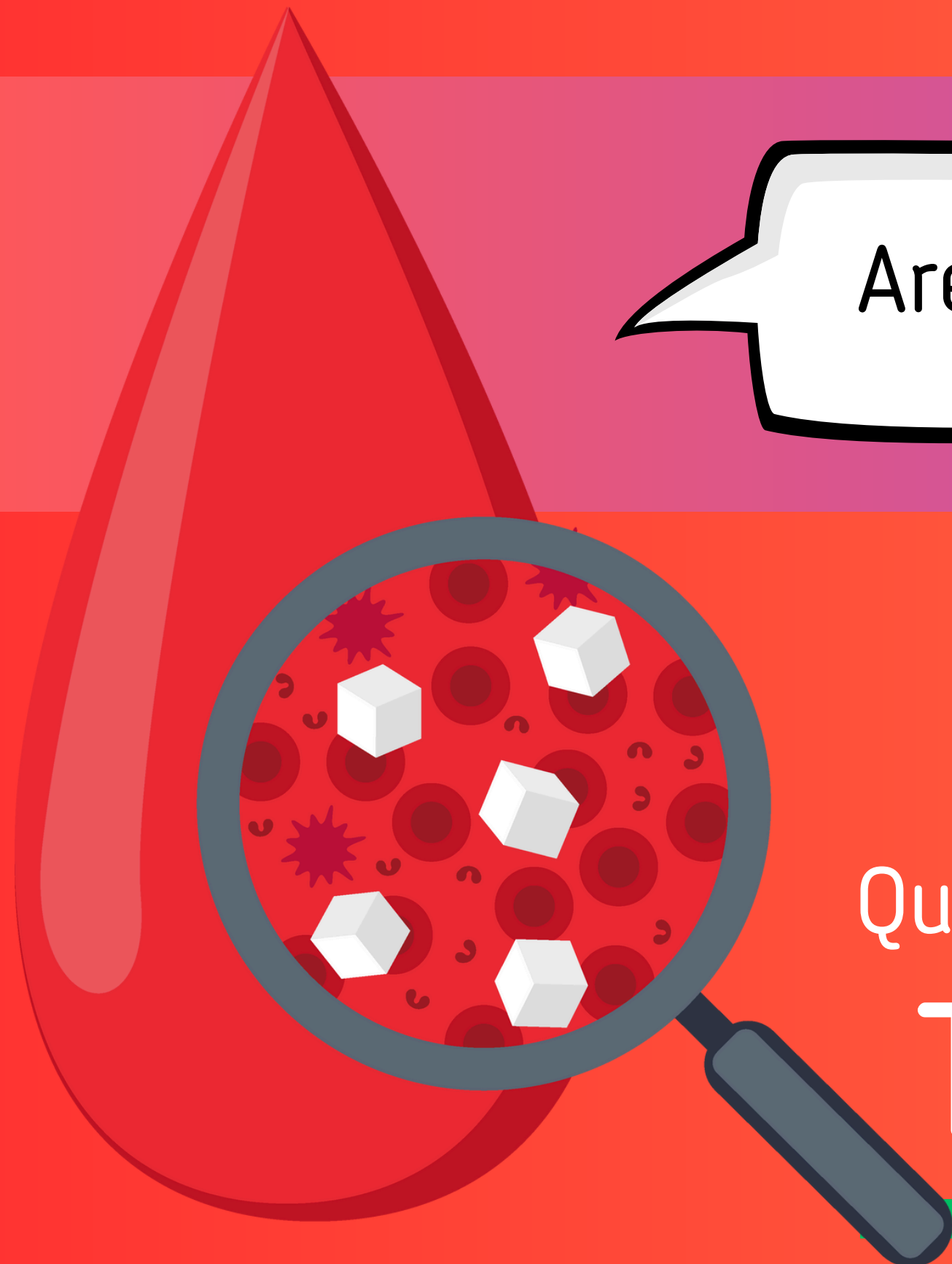
Are you ready?



Quick Quiz

The 30-day check

point



# Knowledge of Dietary Habits for Diabetes and Prediabetes

**1**

Q1: How often are you eating meals that align with the program's recommendations (e.g., balanced meals, high in fiber, low in added sugar)?

**A**

Everyday (3 points)

**B**

Most days (2 points)

**C**

Occasionally (1 point)

**D**

Rarely (0 points)



# Knowledge of Physical Activity for Diabetes and Prediabetes

2

How many times a week are you engaging in physical activity for at least 30 minutes?



5 or more times per week (3 points)

A

3-4 times per week (2 points)

B

Less than 3 itmes per week (1 point)

C

I haven't been exercising consistently (0 points)

D

## Knowledge of Diabetes and Prediabetes

3

What is the target fasting blood sugar range recommended in the program?



Below 100 mg/dL (3 points)

A

100-125 mg/dL (2 points)

B

Above 126 mg/dL (1 point)

C

I don't know (0 point)

D

## Current Habits & Lifestyle

4



How frequently do you experience energy dips or fatigue during the day?

Rarely or never (3 points)

A

Occasionally (2 points)

B

Frequently (1 point)

C

Almost every day (0 points)

D

## Current Habits & Lifestyle

5



How would you rate your consistency in following the program's recommendations (e.g., diet, exercise, stress management)?

Very consistent—I follow the program every day (3 points)

A

Fairly consistent—I follow most of the time (2 points)

B

Inconsistent—some days I follow, others I don't (1 point)

C

I'm struggling to stay consistent (0 points)

D



## Current Habits & Lifestyle

6



How confident do you feel in your ability to continue making healthy choices moving forward?

- Very confident—I'm committed to keeping up the changes (3 points)

A

Somewhat confident—I'm still working through some challenges (2 points)

B

Not very confident—I need more support and guidance (1 point)

C

I'm unsure about continuing long-term (0 points)

D

# Scoring Breakdown

7

Total Possible Points: 18

15-18 Points:

Great progress! You are doing an excellent job integrating the program into your daily life. Keep up the consistency and motivation

11-14 points:

Identify areas to improve—perhaps focusing more on exercise or consistency in meals.

6-10 points:

Let's make a plan to tackle the challenges you're facing. Consider working on one area at a time for better results.

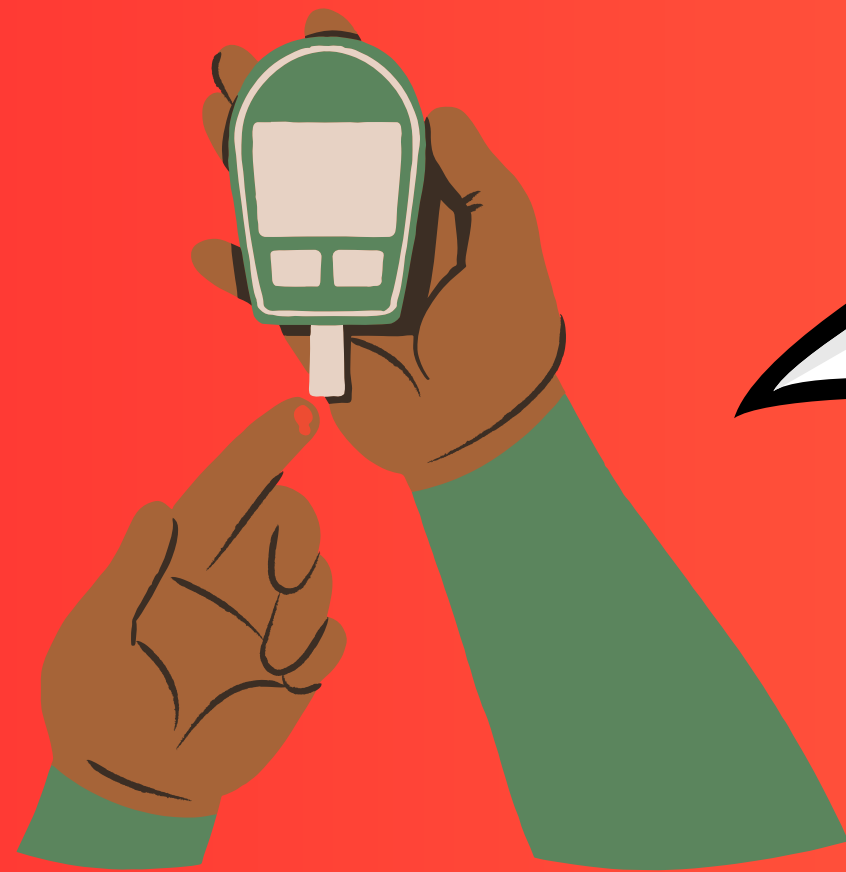
0-5 points:

We'll revisit the key obstacles and find ways to overcome them, either through more support or adjustments to your approach.





# Health Metrics



This 30-Day Checkpoint Quiz will give you valuable insights into where you stand in your journey and help you focus on the most important areas to optimize your progress!

## Health Metrics

What is your current weight?

This question can be tracked for progress  
but does not contribute to scoring

