



FIRE Diabetes In 40 Days

- Your Online Journey to Reverse Diabetes -

PRE-TRAINING #7

FALLING INTO PLACE

- Checklist Of Formalities For The Week -

During Pre-training Week 2, there are several practical tasks you need to complete in preparation for your FIRE Diabetes journey. It's important to arrange and schedule these tasks according to your availability. Make sure to check off each task before the official start of the program to ensure you're fully prepared.



MY PLANNING FOR PRE-TRAINING DAYS 7-14

P7 | FRIDAY

FALLING INTO PLACE: FORMALITIES FOR THE REST OF THE WEEK

- Catch up on all outstanding tasks from Pre-training Week 1
- Watch the video: *Falling into place: Formalities for the rest of the week*
- Diarise Monday evening's LIVE online discussion with Doc Frank & Chef Pete Goffe-Wood at 20h00 (GMT +2h)
- Download (and print) all the documents needed for the coming week:
 - "0-7 - Checklist of Formalities for the Week.pdf"
Falling Into Place: Checklist of Formalities for the Week
 - "0-10 - Information on Diabetes Medications (for Participants).pdf"
Your Fire Diabetes Journey With Diabetes Medications: Discuss with your physician
 - "0-10 - Letter to my Doctor.docx"
Concept letter to my doctor
 - "0-10 - Information Sheet for Healthcare Professionals.pdf"
Help your Patient to Reverse Type 2 Diabetes: Doctors' Guide To Support Patients On Their "FIRE Diabetes" Journey
 - "0-10 - Pathology Options.pdf"
Pathology: Request for bloods
 - "0-10 - Study my Supplements.pdf"
Study my Supplements
 - "0-11 – Fling Away - Clear my Pantry.pdf"
Fix It: Fling Out Fake Food
 - "0-12 - Week 1 Menu & Shopping List.pdf"
Week 1: Menu & Shopping List
 - "0-12 - Meal Plan for Week 1.pdf"
Meal Plan and Recipes for Week 1
 - "0-12 - Green and Red Food Lists.pdf"
If you're at all uncertain as to what you should or should not be eating, here is a list to help you
- Plan the next week to make sure I get everything in place before the journey starts



P8 | SATURDAY

FEED YOUR SOUL: EATING TIPS THAT GO BEYOND FOOD AND NUTRITION

- Watch the video and read the handout
- Study the shopping list, menu and meal plan for Week 1
- Read the “Study my Supplements” document. Don’t order supplements yet! First wait for Monday’s CampFIRE discussion
- Submit my questions to Chef Pete & Doc Frank for Monday evening’s online discussion.

P9 | SUNDAY

FIX IT: FIND YOUR PEACE

- Watch the video
- Apply the eating tips

P10 | MONDAY

FIX IT: PHONE YOUR DOCTOR

- Before 12h00 (GMT +2h): Submit my questions for Chef Pete & Doc Frank for this evening’s online discussion
- Thoroughly read the information sheet “0-10 - Information on Diabetes Medications (for Participants)”. This will prepare me for my discussion with my doctor.
- If I am on prescription drugs for diabetes, make an appointment with my doctor.
- Send the information sheet: “0-10 - Information Sheet for Healthcare Professionals (Version 3.6)” to my doctor. (Feel free to read this report too!). Adapt the cover letter for my situation.
- Print the “0-10 - Pathology options” form and get a quotation from my local pathology lab. Then determine, depending on my budget, which bloods I would like to get drawn.
- If I don’t have a doctor, contact the FIRE Diabetes Team to direct me to a physician that can help me to adjust my medication or to provide me with a pathology form (info@firediabetes.com).
- Join around the CampFIRE at 20h00 (GMT +2h). During the live online discussion Chef Pete Goffe-Wood and Dr Frank Muller discussed the shopping list, next week’s meal plan and which supplements to buy.
- Apply the eating tips

P11 | TUESDAY

FIX IT: FLING OUT FAKE FOOD

- Watch the video
- Removed all carbohydrates and sugar from my cupboards [See “0-11 – Fling away - Clear my pantry.pdf”]
- Order/buy my supplements after watching Monday’s Zoom discussion
- Apply the eating tips



P12 | WEDNESDAY

FIX IT: FILL YOUR PANTRY

- Do my shopping for next week's meal plan (after finalising my shopping list to my situation)
- Apply the eating tips

P13 | THURSDAY

FOODIE'S DELIGHT: FROM THE CHEF

- Watch Chef Pete's video
- Apply the eating tips

P14 | FRIDAY

FAREWELL: FIX YOUR EYES ON THE FUTURE

- Say farewell to my old self!
- Apply the eating tips