



Pre-training Programme

<p>WEEK 1</p> <p>P1 SATURDAY: <i>FALL OF THE BIG DOMINO: FIXING DIABETES IS SIMPLE</i></p> <ul style="list-style-type: none"> • Live kick off • Watch (or listen), read & complete worksheet • Download App (for Android only) <p>P2 SUNDAY: <i>FALSEHOODS: 6 MYTHS THAT HOLD YOU BACK</i></p> <ul style="list-style-type: none"> • Watch (or listen), read & complete worksheet <p>P3 & P4 MONDAY & TUESDAY: <i>FAILURE & FEAR: SHAKING OFF THE PAST, FACING THE FUTURE</i></p> <ul style="list-style-type: none"> • Watch (or listen), read & complete worksheet <p>P5 WEDNESDAY <i>FRIEND OR FOE? TO SUCCEED, YOU NEED FAMILY, FRIENDS AND FELLOW WORKERS</i></p> <ul style="list-style-type: none"> • Watch (or listen), read & complete worksheet • Gather support group: Send letter/video to Family/Friends/Fellow workers <p>P6 THURSDAY: <i>FILE IT: BUILDING MY VERY OWN HEALTH RECORD</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Register to start building my very own health record • Live Online Discussion: Thu @20h00 (GMT +2h) <p>P7 FRIDAY: <i>FALLING INTO PLACE: FORMALITIES FOR NEXT WEEK</i></p> <ul style="list-style-type: none"> • Watch • Download and print documents • Plan for next week • Build Health Record 	<p>WEEK 2</p> <p>P8 SATURDAY: <i>FEED YOUR SOUL: EATING TIPS THAT GO BEYOND FOOD AND NUTRITION</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Customise menu & shopping list for Week 1 • Read about supplements • Build Health Record <p>P9 SUNDAY: <i>FIX IT: FIND YOUR PEACE</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Implement eating tips • Build Health Record <p>P10 MONDAY: <i>FIX IT: PHONE YOUR DOCTOR</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Inform your doctor about this journey. If you are on prescription drugs, get an appointment and consider to have bloods taken • Send your questions to the chef • Live online discussion with Chef @20h00 (GMT +2h) <p>P11 TUESDAY: <i>FIX IT: FLING OUT FAKE FOOD</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Clean the kitchen of all temptations! • Order your supplements • Build Health Record <p>P12 WEDNESDAY: <i>FIX IT: FILL YOUR PANTRY</i></p> <ul style="list-style-type: none"> • Watch (or listen) & read • Do your shopping for next week's meal plan • Build Health Record <p>P13 THURSDAY: <i>FOODIE'S DELIGHT: FROM THE CHEF'S KITCHEN</i></p> <ul style="list-style-type: none"> • Chef Pete share a recipe video • Build Health Record <p>P14 FRIDAY <i>FAREWELL: FIX YOUR EYES ON THE FUTURE</i></p> <ul style="list-style-type: none"> • Build Health Record • Say farewell to your old self!
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