

A gentler first week

A private reflection guide for adults living with prediabetes.

Notice what already happens around meals, movement, rest and support. Choose one small place to begin.



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Educational only. This guide does not diagnose, treat or replace advice from a qualified health professional.

The first week is not a test

A new health concern can make every choice feel urgent. A useful first week can be quieter: notice your current routine, name what feels possible and keep medical decisions with the professional responsible for your care.

Structured lifestyle programmes commonly focus on practical skills, manageable steps and support over time. You do not have to solve the entire future today.

Begin with what is already true

- One part of my day that already feels steady is...
- One choice that becomes harder when I am busy is...
- The person I can ask a medical question is...
- A change small enough to observe this week is...

Keep your answers private unless you choose to discuss them with someone you trust or a qualified professional.

Look at familiar meals before inventing new ones

Instead of labelling a whole day good or bad, notice the decisions around one familiar meal. What was available? Who decided? How much time did you have? What would make a thoughtful choice easier next time?

One-meal observation

■ The meal or snack I want to observe is...

■ The time, place and people around it are...

■ The pressure point is usually...

■ One practical support could be...

Questions about portions, prescribed diets, medication or blood glucose belong with your treating professional or an appropriately qualified dietetic professional.

Choose movement you can repeat

Movement does not have to begin as a grand plan. Notice where a manageable moment could fit into a day you already live. If you have pain, an injury, pregnancy, a heart condition or another limitation, seek individual guidance before changing activity.

A movement moment

- The easiest time to move may be...
- A kind of movement I do not dislike is...
- A person or cue that could help me begin is...
- The professional guidance I may need is...

Public-health guidance recognises that physical activity can happen through travel, work, household activity and leisure, and that individual needs may require adaptation.

Make space for rest without demanding perfect sleep

Rest is shaped by work, caregiving, worry, screens, travel and many other realities. Start by noticing the transition into rest rather than judging the whole night.

A gentler evening cue

■ The last hour of my day usually contains...

■ One thing that leaves me more alert is...

■ One calming cue that feels realistic is...

■ If this week is difficult, I can return by...

Persistent sleep problems, severe fatigue or other concerning symptoms deserve a conversation with a qualified health professional.

Ask for support that is actually useful

Support works better when it is specific. Instead of asking someone to 'keep you on track', decide whether you need encouragement, help with planning, company for an activity or simply respect for your choice.

One clear request

■ The person I may ask is...

■ What I want help with is...

■ What would not feel helpful is...

■ The words I can use are...

You remain in control of what you share. Health information should only be collected with clear purpose, consent and appropriate safeguards.

Take better questions into your next conversation

This guide cannot tell you what treatment, monitoring or targets are right for you. It can help you arrive at your next appointment with a clearer picture of your routine and the questions you want answered.

Questions for my treating professional

- Is this programme suitable for me as I am today?
- Do any medicines, symptoms or restrictions change what I should do?
- What should I monitor, and how often?
- Who should I contact if something changes?

If you have not received a professional diagnosis, ask a qualified clinician whether testing or assessment is appropriate before treating a questionnaire result as a diagnosis.

Your next small move

Circle one place to begin: familiar meals · movement · rest · support · questions for my clinician.

My seven-day note

- The one thing I will notice is...
- The smallest action I may try is...

Want a route shaped around your everyday?

Visit the private BBU Fit pathway. It asks 40 gentle questions, allows you to skip personal items and keeps public answers in your browser tab.

Sources used for general educational framing:

CDC, "Prediabetes – Your Chance to Prevent Type 2 Diabetes" · [cdc.gov/diabetes](https://www.cdc.gov/diabetes)
 WHO, "Guidelines on physical activity and sedentary behaviour" · [who.int/publications](https://www.who.int/publications)
 ICMR, Guidelines for Management of Type 2 Diabetes (2018) · [icmr.gov.in](https://www.icmr.gov.in)