

Blood Sugar Balance: Sample Day

6:00 a.m. – Wake up

- ☐ HeartMath #1 – Connect with vision
- ☐ Test blood glucose
- ☐ Speed burst #1
- ☐ Test blood glucose

6:10 a.m. – Exposure to Light and Water

- ☐ Go outside and look towards the sun for 5 minutes
- ☐ AM Gut Rejuvenator drink (8-16 oz.)
- ☐ HeartMath #2 before protein

6:20 a.m. – Protein and Supplements

- ☐ Greens/Protein (30 g) with optional chia – may wait until after exercise
- ☐ Supplements (Chromium, Magnesium, DHA) + vitamins
- ☐ Test blood glucose
- ☐ Exercise – walk, run, bike, other include bursts
- ☐ Test blood glucose
- ☐ Drink water – 8 to 16 ounces
- ☐ HeartMath #3 before breakfast
- ☐ Test blood glucose before breakfast



8:00 a.m. – Breakfast (if not already consumed)

(Delay for as long as possible after exercise to optimize growth hormone)

- ☐ 9:00 a.m. – Water
- ☐ Test blood glucose
- ☐ Chia porridge if not already consumed
- ☐ Test blood glucose – every 15 minutes for first hour, then once an hour
- ☐ 11:00 a.m. burst exercise
- ☐ 12:30 p.m. – Water
- ☐ Test blood glucose right before lunch
- ☐ Supplements (Chromium, Magnesium, DHA)
- ☐ HeartMath #4 before lunch

1:00 p.m. – Lunch

- ☐ Test blood glucose – every 15 minutes for first hour, then once an hour
- ☐ 2:00 p.m. – Water
- ☐ 2:00 p.m. – Burst exercise
- ☐ 3:30 p.m. – Water
- ☐ 4:00 p.m. – Burst exercise
- ☐ 5:30 p.m. – Water
- ☐ Test blood glucose right before dinner
- ☐ Supplements (Chromium, Magnesium, DHA)
- ☐ HeartMath #5 before dinner

6:00 p.m. – Dinner

- ☐ Test blood glucose – every 15 minutes for first hour, then once an hour
- ☐ 7:00 p.m. – Water
- ☐ 8:00 p.m. – Burst exercise
- ☐ 8:10 p.m. – Begin dimming house lights, evening routine – take warm bath, relax...
- ☐ Supplements (Chromium, Magnesium, DHA)
- ☐ 10:00 p.m. – Test blood glucose
- ☐ 10:15 p.m. – Bedtime (Try to be in bed by 10:30 p.m. at the latest)
- ☐ HeartMath #6 – Connect with vision