



IRSPT: Introduction – Progress Checklist

Progress Checklist

- ☐ Read Learning Objectives
 - ☐ Understand what insulin resistance is.
 - ☐ Communicate to clients the warning signs of insulin resistance and danger signs.
 - ☐ Learn the big picture of restoring insulin resistance -- the steps involved and the overall diet and lifestyle factors that will need to be modified.
- ☐ Complete Pre-Test **(for entire program)**
- ☐ Work Through Core Content Topics
 - ☐ Overview
 - ☐ Orientation
- ☐ Review Advanced Topics / References
 - ☐ [Brain insulin resistance contributes to cognitive decline in Alzheimer's disease](#)
- ☐ Complete the Next Steps
 - ☐ Take notes as you watch the videos and make a checklist for yourself of the steps involved in testing insulin sensitivity.