

The “First Steps to Remission” Checklist

10 Must-Have Habits to Jumpstart Your Comeback From Type 2 Diabetes

1. Start Your Morning With Hydration

✓ **Drink 8–12 oz Of Water Immediately After Awakening.**

Helps reduce morning blood glucose, cuts cravings, and boosts energy.

2. Add 2–5 Minutes of Morning Movement

✓ **Stretch, Walk, March In Place — Anything That Gets You Moving.**

Jump-starts insulin sensitivity for the day.

3. Build a Blood Sugar–Friendly Plate

✓ **Start With Protein + Fiber First.**

This single habit stabilizes glucose and prevents crashes.

4. Make One Simple Food Swap Per Day

✓ **Replace A Sugary Or Refined Carb With A Lower-Glycemic Option.**

Builds momentum.

5. Walk for 3–5 Minutes After Meals

✓ **A Short Walk Can Dramatically Flatten Post-Meal Spikes.**

6. Follow the–Top-of-the-Hour Sip Rule

✓ **Drink A Few Ounces Of Water Every Hour.**

Mild dehydration = higher blood sugar.

7. Prioritize Real, Whole Foods

- ✓ **Choose Foods With Minimal Ingredients You Can Pronounce.**
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8. Reduce Liquid Sugars First

- ✓ **Ditch Sodas, Juices, Sweet Teas, And Flavored coffees For Flavored Water Instead.**

This is one of the fastest glucose wins.

9. Create a Simple Evening Routine

- ✓ **Light Stretching + Sip Of Water + Consistent Bedtime.**

Stable sleep improves glucose control into the next day.

10. Track One Thing — Not Everything

- ✓ **Choose One Metric For 7 Days: Fasting Glucose, Water Intake, or Steps.**

Focus keeps you consistent.

Quick Reminder:

Small, consistent actions beat complicated plans every time.

These 10 habits are the foundation — master them, and remission becomes real and achievable.