

Session 8 – Everything There Is To Know About Diabetes

V. Activity

Because obesity is the number one cause of pancreatic exhaustion, for this week you will weigh yourself every day. The goal is that at the end of the week you should have lost at least 1 pound following the lessons you have learned from the *BieneStar Adult Healthy Lifestyle Program*.

Weekly Log: Weight

	Weight
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

