



Thirty-Day Learning Planner

Part of the free Diabetes Information and Appointment Toolkit from Natural Diabetes Remedy (naturaldiabetesremedy.com).

Version 1, October 2026. Written by the Natural Diabetes Remedy editorial team. Not yet reviewed by a clinician.

1. How to use this planner.

This planner gives you 30 small **information tasks**. Each one takes about 5 to 10 minutes. You will read a short section, look up a word, check a source or write a question. None of the tasks asks you to change what you eat, how you move, or how you take a medicine. There are no targets, readings or scores in this planner.

Every task points to a free tool on naturaldiabetesremedy.com:

Tool	Where to find it	What it helps with
Seven-Day Everyday Learning Workbook	/free-workbook/	Seven short practice exercises
Source Credibility Checklist	/resources/source-check/	Checking who is behind one health claim
Care-Team Conversation Planner	/resources/care-team-planner/	Three questions and the agreed next step
Food-label units guide	/blog/food-label-units/	Reading serving information and units

Tool	Where to find it	What it helps with
Source-checking guide	/blog/evaluate-health-information/	A walk-through of one source check
Care-team questions guide	/blog/prepare-care-team-questions/	Putting questions in order
Plain-language glossary	/glossary/	Short meanings of common terms
Caregiver Preparation Pack	naturaldiabetesremedy.com/organizing/helping-an-invited-family-member-or-friend/	Organizing help from an invited family member or friend

Set up your month

The question I most want to understand better this month:

When I will do my task (for example, "after breakfast" or "when I sit down after work"): _____

Where I keep this planner: _____

If you miss a day

Pick up where you left off. The days are numbered, not dated, so a missed day does not put you behind. Do not try to catch up by doing several tasks at once. A missed day is information for adjusting the plan.

My fallback (what I will do on a busy day, for example "read one glossary word"): _____

Keep your notes private

Write in your own copy, on paper or on your own device. Nothing you write in this planner reaches us. Please never send health details to

Natural Diabetes Remedy. Questions about your own health belong with your care team.

Tick ☐ when a task is done. Use the "Notes" lines for words, sources and questions, not for personal health details.

2. Week 1: Get oriented and check one source.

Day	Task (5 to 10 minutes)	Tool	Done
1	Write your learning question for the month. Then do Exercise 1, "Choose one learning goal."	/free-workbook/	☐
2	Pick three words from your question. Look each one up and write its meaning in your own words.	/glossary/	☐
3	Read the first two sections of the guide: "Choose one claim" and "Check who, when and what supports it."	/blog/evaluate-health-information/	☐

Day	Task (5 to 10 minutes)	Tool	Done
4	Choose one health article you have seen lately. Write who publishes it (check 1, ownership).	/resources/source-check/	☐
5	On the same article, look for the author and a written or review date (checks 2 and 3).	/resources/source-check/	☐
6	Look for the article's purpose and any commercial ties (checks 4 and 7). Is it information or a product promotion?	/resources/source-check/	☐
7	Fill in the review note on page 2 of the checklist: what you could verify and what you could not.	/resources/source-check/	☐

Notes: _____

What is still unclear this week?

1. _____
2. _____
3. _____

For each item, tick one: ☐ Look it up in a source I checked ☐ Ask my care team ☐ Leave it for now

3. Week 2: Read food-label units.

These tasks practice reading the label. They do not suggest a food, an amount or a target. Any numbers you see in the guide and the workbook are on fictional practice labels.

Day	Task (5 to 10 minutes)	Tool	Done
8	Read "Start with serving information." Find the serving size and servings per container on the fictional label.	/blog/food-label-units/	☐
9	Look up serving size, servings per container and % Daily Value. Write one sentence about each.	/glossary/	☐
10	Do Exercise 3, "Understand label units": per-serving and per-package arithmetic on a fictional label.	/free-workbook/	☐

Day	Task (5 to 10 minutes)	Tool	Done
11	Read "Separate weight and volume." Write the difference in one sentence.	/blog/food-label-units/	☐
12	Look up "dual-column label." On one package at home, check whether the label has one column or two. Write what the columns are for.	/glossary/	☐
13	Look up total carbohydrate, dietary fiber, total sugars and added sugars. Write which of these the FDA counts as part of total carbohydrate.	/glossary/	☐

Day	Task (5 to 10 minutes)	Tool	Done
14	Look up "net carbs." If a package shows that phrase, write one question about how the number was worked out.	/glossary/	☐

Notes: _____

What is still unclear this week?

1. _____
2. _____
3. _____

For each item, tick one: ☐ Look it up in a source I checked ☐ Ask my care team ☐ Leave it for now

4. Week 3: Prepare care-team questions.

Day	Task (5 to 10 minutes)	Tool	Done
15	Read "Put your top question first" and "Add two useful follow-ups."	/blog/prepare-care-team-questions/	☐
16	Look at your "still unclear" boxes from weeks 1 and 2. Turn one item into a question you could ask.	This planner	☐
17	Write three questions on page 1 of the planner. Put the most important one first.	/resources/care-team-planner/	☐

Day	Task (5 to 10 minutes)	Tool	Done
18	Look up care team, patient portal and written instructions. Then find, in paperwork you already have, how your care team asks you to send non-urgent questions.	/glossary/	☐
19	Do Exercise 5, "Prepare three care-team questions," to practice putting questions in order.	/free-workbook/	☐

Day	Task (5 to 10 minutes)	Tool	Done
20	If a family member or friend helps you with appointments, read page 1 of the pack together, "Agree on the help first." If not, read it on your own and skip the rest.	Caregiver Preparation Pack	☐
21	Read page 2 of the planner so you know what to listen for: the agreed next step, who does it, and a follow-up question.	/resources/care-team-planner/	☐

Notes: _____

What is still unclear this week?

1. _____
2. _____
3. _____

For each item, tick one: ☐ Look it up in a source I checked ☐ Ask my care team ☐ Leave it for now

5. Week 4: Check claims and plan a routine.

Day	Task (5 to 10 minutes)	Tool	Done
22	Choose one claim from an ad or a social media post. Use check 5 (support) and check 6 (limits).	/resources/source-check/	☐
23	Look up dietary supplement, health fraud and testimonial. Write one warning sign you would now notice.	/glossary/	☐
24	Read "Notice commercial ties" and "Keep uncertainty open." Write one claim you will keep unresolved for now.	/blog/evaluate-health-information/	☐

Day	Task (5 to 10 minutes)	Tool	Done
25	Do Exercise 6, "Compare learning resources," with two resources you have found this month.	/free-workbook/	☐
26	Do Exercise 4, "Build a small learning routine": a cue, an action and a fallback.	/free-workbook/	☐
27	Read the learning question you wrote on Day 1. Write what you understand now and what you still do not.	This planner	☐
28	Do Exercise 7, "Plan three learning sessions."	/free-workbook/	☐

Notes: _____

What is still unclear this week?

1. _____

2. _____

3. _____

For each item, tick one: ☐ Look it up in a source I checked ☐ Ask my
care team ☐ Leave it for now

6. Review your month and choose what to learn next.

Day 29: Review what is still unclear.

- ☐ Read your four "still unclear" boxes.
- ☐ Circle up to three items that matter most to you.
- ☐ For each circled item, check your choice: look it up, ask your care team, or leave it for now.

Item still unclear	My choice
	☐ Look it up ☐ Ask my care team ☐ Leave it for now
	☐ Look it up ☐ Ask my care team ☐ Leave it for now
	☐ Look it up ☐ Ask my care team ☐ Leave it for now

Day 30: Move each item to its next home.

- ☐ Copy each "ask my care team" item onto a fresh Care-Team Conversation Planner: </resources/care-team-planner/>
- ☐ Copy each "look it up" item into the "My next learning question" box below.
- ☐ Cross out the items you chose to leave for now. You can come back to them later.

Choose what to learn next.

Pick one area for your next month. You can reuse this planner with a new question.

If you want to...	Start here
Read food labels with more ease	/blog/food-label-units/
Check health information before you rely on it	/resources/source-check/ and /blog/evaluate-health-information/
Prepare for a care-team conversation	/resources/care-team-planner/ and /blog/prepare-care-team-questions/
Learn the words you keep meeting	/glossary/
Organize help from a family member or friend	Caregiver Preparation Pack
Practice all of these in short exercises	/free-workbook/

My next learning question: _____

My first small task (5 to 10 minutes): _____

When I will do it: _____

My fallback for a busy day: _____

One thing I learned this month that I want to remember:

This planner organizes learning only. It does not give medical advice, and it does not suggest foods, activity, medicines, supplements or targets. Personal health decisions belong with you and your care team. In an emergency, call 911 or your local emergency services. Not yet reviewed by a clinician. See the Editorial Policy at </editorial-policy/> and the Medical Disclaimer at </medical-disclaimer/>.

General education, not medical advice. Examples are fictional. Written with AI assistance; not yet reviewed by a clinician. Personal health decisions belong

with your care team.