

Organize Your Life with Diabetes Health and Wellness Checklists

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Hello!

My name is Sara Al-Issa, owner and founder of SORTED, and I'm delighted to personally welcome you to the SORTED family.

I am pleased to share this comprehensive guide with you to help organize your life with diabetes. Congratulations on taking a positive step toward better health.

This guide is designed to be your daily companion, assisting you in organizing your meals, tracking blood sugar levels, managing medication schedules, and incorporating a fitness routine as an essential part of your day to enhance your comfort and peace of mind.

We are pleased to offer this free PDF to support diabetes patients and help make their lives easier. Our aim is to reach and benefit as many people as possible, and we kindly ask you to respect copyright by not removing the author's name or reusing the content in any way that does not credit its rightful creator.

If you have any questions or suggestions, please don't hesitate to reach out on Instagram [@sorted.sa](#) or visit our website at www.sorted.sa.

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Managing diabetes requires daily attention to diet, medication, and lifestyle. Organizing can help relieve mental stress and keep you on track with your health goals. Use these checklists to ensure your home, meals, and daily routine are effectively set up for diabetes management.

Section 1: Organizing the Kitchen for Healthy Eating

A well-organized kitchen makes meal preparation easy and encourages healthier choices. Here's how to set up your space:

1 Pantry Organization:

Remove expired or unhealthy items that don't align with your diabetes management plan.

2 Category-Based Organization:

Store items like whole grains, nuts, seeds, and low-sugar snacks in transparent containers or divided boxes.

3 Meal Prep Area:

Designate a space for chopping vegetables and preparing meals. Ensure there's room to store extra containers.

4 Healthy Snack Station:

Set up an accessible area in the pantry or fridge with suitable snacks for diabetics, like nuts, yogurt, and vegetables.

5 Fridge Organization:

Arrange the fridge so that healthy ingredients (like lean proteins and vegetables) are visible at the front, providing easy access to prepared meals.

Section 2: Meal Planning and Shopping

Effective meal planning helps you stick to a diet that's suitable for diabetes.

1 Weekly Meal Plan:

Use a planner to organize meals with balanced carbohydrates, proteins, and fats.

2 Shopping List:

Create a shopping list with essential low-sugar items and whole foods like vegetables, whole grains, lean proteins, and healthy fats.

3 Meal Labeling:

Always label prepared meals with their preparation date and portion sizes to avoid overeating or food waste.





1- Weekly Meals Plan

| MEAL DAY | BREAKFAST | SNACKS | LUNCH | SNACKS | DINNER |
|-------------|-----------|--------|-------|--------|--------|
| SUN | | | | | |
| MON | | | | | |
| TUE | | | | | |
| WED | | | | | |
| THR | | | | | |
| FRI | | | | | |
| SAT | | | | | |

2- Shopping List





| Category | Shopping List | | |
|---|--|---|--------------------------|
|  Vegetables | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Broccoli | <input type="checkbox"/> |
| | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Avocado | <input type="checkbox"/> |
| | <input type="checkbox"/> Carrots (in moderation) | <input type="checkbox"/> Zucchini | <input type="checkbox"/> |
| | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Peppers (various colors) | <input type="checkbox"/> |
| | <input type="checkbox"/> Cabbage | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Green beans | <input type="checkbox"/> | <input type="checkbox"/> |
|  Fruits | <input type="checkbox"/> Berries (blue, red) | <input type="checkbox"/> Kiwi | <input type="checkbox"/> |
| | <input type="checkbox"/> Green apple | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Orange | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Banana | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Fresh grapes | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Pears | <input type="checkbox"/> | <input type="checkbox"/> |
|  Protein | <input type="checkbox"/> Chicken breast (skinless) | <input type="checkbox"/> Black beans | <input type="checkbox"/> |
| | <input type="checkbox"/> Eggs | <input type="checkbox"/> Chia seeds | <input type="checkbox"/> |
| | <input type="checkbox"/> Turkey | <input type="checkbox"/> Flaxseeds | <input type="checkbox"/> |
| | <input type="checkbox"/> Lentils | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Fish (salmon, tuna, etc) | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> | <input type="checkbox"/> |
|  Whole Grains | <input type="checkbox"/> Oats | <input type="checkbox"/> %100 Whole wheat bread | <input type="checkbox"/> |
| | <input type="checkbox"/> Brown rice | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Quinoa | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Bulgur | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Barley | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Whole grain pasta | <input type="checkbox"/> | <input type="checkbox"/> |



Note: The previous lists are provided as examples only. The blank primary lists on the next page are intended to be filled out based on your needs and the recommendations of your personal doctor.

| Category | Shopping List | | |
|--|--|----------------------------------|--------------------------|
|  <p>Dairy Products</p> | <input type="checkbox"/> Milk (low-fat or fat-free) | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Greek yogurt | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Low-fat cheese | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Almond or coconut milk | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Healthy Fats</p> | <input type="checkbox"/> Olive oil | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Avocado oil | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Coconut oil | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Unsalted nuts | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Almond butter | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Spices</p> | <input type="checkbox"/> Black pepper | <input type="checkbox"/> Oregano | <input type="checkbox"/> |
| | <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Parsley | <input type="checkbox"/> |
| | <input type="checkbox"/> Coriander | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Mint | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Cumin | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Healthy Beverages</p> | <input type="checkbox"/> Water | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Green or black tea | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Black coffee | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> Natural herbal drinks ex:lemon water | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Note: The previous lists are provided as examples only. The blank primary lists on the next page are intended to be filled out based on your needs and the recommendations of your personal doctor.

2- Shopping List

| Category | Shopping List | | |
|---|--------------------------|--------------------------|--------------------------|
|  <p>Vegetables</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Fruits</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Protein</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Whole Grains</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Category | Shopping List | | |
|--|--------------------------|--------------------------|--------------------------|
|  <p>Dairy Products</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Healthy Fats</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Spices</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  <p>Healthy Beverages</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Section 3: Organizing Medications and Medical Supplies

Good organization helps prevent missed doses or running out of essential medical supplies.

Here are useful tips for organizing diabetes medications:

1 Medication Area:

Allocate a specific area for diabetes medications (such as insulin, test strips, syringes) using clear containers or divided drawers, making everything easily visible and accessible.

2 Daily/Weekly Medication Organizer:

Use a daily or weekly medication organizer to ensure you're taking the correct doses at the right times.

Example: (Medication tracking table on the following pages)

| Medication Name | Dose | Dose per Day | Medication Timing | Medication start date | Notes |
|-----------------|----------|--------------|-------------------|-----------------------|--------------|
| Insulin | 10 units | Twice | AM/PM | 0000/00/00 | Before meals |

3 Essential Supplies List:

Keep a checklist of essential medical supplies like test strips, insulin, syringes, etc., to ensure you always have enough.

Example: (Medication tracking table on the following pages)

| Supply | Qty | Minimum | Date of Last Purchase | Refill Date | Notes |
|---------------------|-----|---------|-----------------------|-------------|-------|
| Glucose Test Strips | 50 | 20 | 0000/00/00 | 0000/00/00 | |

4 Emergency Kit:

Include glucose tablets for sudden drops in blood sugar, an updated medication list, and emergency contact numbers for doctors or family.

DailyCare Schedule For Diabetes

| | |
|---------|--------------------------|
| 7:00AM | Blood sugar level test |
| 7:30AM | Take morning medications |
| 8:00AM | Eat breakfast |
| 10:00AM | Mid-morning snack |
| 12:00PM | Blood sugar level test |
| 12:30PM | Eat lunch |
| 3:00PM | Afternoon snack |
| 6:00PM | Blood sugar level test |
| 6:30PM | Eat dinner |
| 7:00PM | Take evening medications |

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DailyCare Schedule For Diabetes

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Section 4: Daily Routine and Reminders

A structured daily routine helps you remember important tasks for managing diabetes.

1 Medication and Meal Reminders:

Use phone alarms or apps to remind you to take medications, check blood sugar, and eat at regular intervals.

2 Exercise Schedule:

Set aside time each day or week for physical activity, which is crucial for diabetes management. Use a tracker to monitor activity levels or daily steps.

3 Blood Sugar Log:

Designate a specific area at home for recording blood sugar levels. Use an app or this log to document daily readings.

Exercise Schedule

| | Exercise | Duration | Intensity (Low-Medium-High) | Blood sugar level before exercise | Blood sugar level after exercise |
|-----|----------|----------|--------------------------------|--------------------------------------|-------------------------------------|
| SUN | | | | | |
| MON | | | | | |
| TUE | | | | | |
| WED | | | | | |
| THR | | | | | |
| FRI | | | | | |
| SAT | | | | | |

Section Five: Reducing Stress and Mental Health

Managing diabetes can be stressful, so maintaining a stress-free environment is essential.

1 Declutter Your Space:

Keep living areas clean and organized to reduce stress and enhance mental clarity.

2 Create a Relaxation Area:

Dedicate a relaxation space, whether for reading, meditating, or engaging in hobbies that help you unwind

3 Routine Review:

Set aside time each month to review your routine, meal plans, and medication schedules, adjusting as needed to meet your health requirements.

Routine Evaluation

| Field | Excellent | Good | Needs improvement | Note |
|--------------------|-----------------------|-----------------------|-----------------------|------|
| Blood sugar levels | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Meal consistency | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Exercise routine | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Medication update | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Medical follow-up | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Sleep quality | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Mental health | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |

Additional Tips

Label Everything:

Organize boxes and drawers with labels to make your life easier.

Use Technology:

Download health apps to track medication, food intake, and blood sugar levels.

Simplicity in Life:

Less clutter = less stress.

Maintain a simple and organized environment to reduce mental and physical burdens.

At SORTED, we believe that organization is the key to a simpler, healthier life. Organization helps you tackle daily challenges in diabetes management with ease and confidence. By following these lists, you can simplify your life, enhance your health, and maintain a balanced lifestyle that supports your health goals.



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