



MASTERING
DIABETES

The Insulin Resistance Checklist

**Understand How to Measure
Improvements in Insulin
Sensitivity Over Time**

The Insulin Resistance Checklist

P is for Blood Pressure

- ☐ My blood pressure less than 120/80
- ☐ I am free of blood pressure medication(s)

I is for Ideal Body Weight

- ☐ I have calculated my ideal body weight
- ☐ I am at or within 5% of my ideal body weight

L is for Lipids

- ☐ My total cholesterol is below 150 mg/dL (3.9 mmol/L)
- ☐ My LDL cholesterol is below 100 mg/dL (2.6 mmol/L)
- ☐ My triglycerides are below 150 mg/dL (1.7 mmol/L)
- ☐ **Women:** My HDL cholesterol greater than 50 mg/dL (1.3 mmol/L)
- ☐ **Men:** My HDL cholesterol greater than 40 mg/dL (1.0 mmol/L)
- ☐ I am free of statin or other cholesterol-lowering medication(s)

A is for A1c

- ☐ My A1c is less than 5.7% (prediabetes and type 2 diabetes)
- ☐ My A1c is 5.5–6.5% **without** frequent hypoglycemia (type 1 diabetes)

F is for Fasting Blood Glucose

- ☐ My fasting blood glucose is between 80–100 mg/dL
- ☐ I am free of blood glucose lowering oral medication



MASTERING DIABETES

Join Thousands of People Reversing Insulin Resistance

**Lose weight, gain energy
and reduce or eliminate
your need for oral
medications and insulin**

GUARANTEED

Join the Mastering Diabetes
Online Group Coaching
Program today and sit in the
driver's seat of your diabetes
health for the rest of your life!

JOIN TODAY!