

Medical Readiness Checklist

Before you set your 6-hour window, take five minutes to check in with your body — and, where it matters, with your doctor. This isn't about creating fear. It's about starting smart.

From the book: "If you have diabetes or another medical condition, please consult your physician before starting this program. Eating two plant-based meals a day can profoundly improve your insulin sensitivity — in that scenario, your doctor may need to reduce your blood-sugar medication. I anticipate you will see positive changes from this diet. Still, if you have any serious condition, it is vital that you proceed under the supervision of your personal doctor."

1 Check Every Box That's True for You — be honest, not aspirational

- ☐ I have type 1 or type 2 diabetes, or take insulin or another blood-sugar medication
- ☐ I take blood pressure medication
- ☐ I have a history of an eating disorder — restriction, bingeing, or purging
- ☐ I am pregnant, breastfeeding, or actively trying to conceive
- ☐ I am under 18
- ☐ I have a history of gallstones or gallbladder disease
- ☐ I have kidney disease or another condition requiring a specialized diet
- ☐ I take a medication that must be taken with food or on a strict schedule (e.g., thyroid medication, blood thinners)
- ☐ I've had a recent surgery, illness, or hospitalization
- ☐ I have a diagnosed heart condition
- ☐ I am currently underweight, or a doctor has expressed concern about my weight
- ☐ **None of the above are true for me**

2 What To Do With Your Answers

IF YOU CHECKED ANY BOX ABOVE

Schedule a conversation with your physician before you start — and bring this checklist. Two plant-based meals a day can meaningfully shift your insulin sensitivity and blood pressure, which may mean your medication needs adjusting. That's a good problem, and exactly the kind your doctor should help you manage.

IF YOU CHECKED NONE

You're clear to start. Head to Module 6 to map your 6-hour window, and Module 9 to set your goals and support network before Day 1.

3 Bring These 5 Questions to Your Doctor — if you checked any box in Step 1

- 1 Is it safe for me to eat within a 6-hour window, given my health history?
- 2 Will the dose or timing of my medication need to change once I move to two plant-based meals a day?
- 3 Should I check my blood sugar or blood pressure more often during my first few weeks?
- 4 Are there specific warning signs that mean I should stop and call you right away?
- 5 Given my labs and history, should I ease in gradually rather than start all at once?

4 Before Your Day 1

- ☐ I've talked to my doctor, if any box in Step 1 was checked
- ☐ I know my 6-hour window (or I'll set it in Module 6)
- ☐ I've told at least one support person I'm starting (Module 9)
- ☐ I've picked my Day 1 date: _____