**Basic Information**

* **Name**: Rachel Kim
* **Age**: 52
* **Gender**: Female
* **Primary Goal**: Manage Type 2 Diabetes through lifestyle changes, improve fitness, and reduce stress.

**Dietary Plans**

**Current Diet:**

* **Breakfast**:
  + 2 boiled eggs, 1 slice of whole-grain toast, 1 cup black coffee (no sugar).
* **Mid-Morning Snack**:
  + Handful of unsalted almonds (15-20 nuts).
* **Lunch**:
  + Grilled chicken breast, sautéed spinach, 1/2 cup quinoa.
* **Afternoon Snack**:
  + Low-fat Greek yogurt (plain, 5 oz).
* **Dinner**:
  + Baked salmon, steamed asparagus, small sweet potato (roasted).

**Dietary Restrictions:**

* Low glycemic index (GI) foods only.
* Avoids sugary snacks, white bread, and processed foods.
* Limited alcohol intake (1 glass of red wine per week).

**Supplementation:**

* Multivitamin tailored for diabetics.
* Fish oil capsules (1,000 mg/day).
* Vitamin D3 (2,000 IU/day).

**Hydration:**

* Averages 8 cups of water daily.
* Drinks green tea twice a day (morning and afternoon).

**Exercise Routine**

**Current Physical Activity:**

* **Daily Walks**: 20-30 minutes after dinner (light intensity).
* **Strength Training** (to build muscle and improve glucose metabolism):
  + Monday & Thursday: 20 minutes (light weights focusing on upper body).
* **Stretching**:
  + 10 minutes daily in the morning (focus on lower back and hamstrings).

**Cardio Plan (Doctor-approved):**

* Saturday: 45-minute brisk walk.
* Tuesday: 20 minutes on a stationary bike.

**Leisure Activities**

* Weekly Book Club: 1-hour discussion every Friday evening.
* Gardening: Spends 2 hours on Sunday tending to her backyard garden.
* Meditation: Practices 15 minutes of guided mindfulness meditation 5 times a week.
* Family Time: Plays board games with grandchildren every Wednesday evening.

**Sleep Routine**

* **Schedule**:
  + Bedtime: 10:00 PM.
  + Wake Time: 6:30 AM.
* **Sleep Quality**:
  + Reports light sleep 3 nights a week due to frequent waking.
  + Uses a CPAP machine for mild obstructive sleep apnea.
* **Improvement Goals**:
  + Reduce nighttime waking from 3 to 1 time per night.
  + Achieve a consistent 7-8 hours of sleep nightly.

**Stress Management**

* **Current Practices**:
  + Journals before bed (gratitude entries).
  + Attends a weekly yoga class (Thursdays, 1 hour).
  + Enjoys watching cooking shows in the evening as a way to unwind.
* **Stress Triggers**:
  + Overwhelmed by medical appointments and test results.
  + Concerned about family history of diabetes complications.

**Lifestyle Trends**

* **Dietary Compliance**: 80% adherence to diabetic-friendly meals, occasional slips during holidays or family gatherings.
* **Exercise Adherence**: Misses planned strength training sessions 20% of the time due to fatigue.
* **Hydration**: Maintains good water intake but forgets occasionally on busy days.
* **Leisure**: Finds gardening the most relaxing activity but wishes to expand outdoor hobbies.

**Data Expansion**

1. **Dietary Additions:**
   * **Weekly Indulgence:** Allows a small portion of dark chocolate (85% cocoa) on Sunday evenings to satisfy cravings.
   * **Meal Timing:** Eats dinner by 7:00 PM to improve digestion and glucose levels.
2. **Exercise Routine (Updated):**
   * **Yoga Additions:** Introduced 15-minute evening yoga for relaxation after dinner.
   * **Seasonal Changes:** Switches to indoor treadmill walking during winter months.
3. **Leisure Activities:**
   * Recently started exploring birdwatching in local parks as a relaxing weekend activity.
   * Volunteers at a community center twice a month for diabetes education sessions.
4. **Sleep Hygiene:**
   * **New Initiatives:** Uses white noise machines to reduce environmental disruptions.
   * **Technology Limitations:** Avoids screen time 1 hour before bedtime.
5. **Stress Management Improvements:**
   * Added deep breathing exercises during afternoon breaks.
   * Uses a mobile app to track mood and identify patterns in stress triggers.