

RECRUITMENT
-2 week
initial program visit
107 NW subjects recruited

**28 randomized to
control group**
home performance of diary
-1 week to baseline

weeks 0 - 7, free living
28 control subjects
instructions on food and gym

**24 control subjects
completed**
last diary handing
after 5 months

**4 withdrew
(2LBG and 2 HBG)**
last diary handing
after 2 months

**9 LBG
CONTROL
NW GROUP**

**15 HBG
CONTROL
NW GROUP**

**79 randomized to
training group**
home performance of diary
-1 week to baseline

weeks 0 - 7, free living
79 trained with glucose meter
tutorial phone assistance

**13 withdrew
(7 LBG and 6 HBG)**
last diary handing
after 2 months

**66 trained subjects
completed**
last diary handing
after 5 months

**26 LBG
TRAINED
NW GROUP**

**40 HBG
TRAINED
NW GROUP**