

MY WEEKLY EXERCISE PLAN

HAVE FUN BEING ACTIVE

DATE: _____

HOW WILL I BE ACTIVE THIS WEEK?

(Walking, gardening, jogging, or. . .)

MY SIX MONTH GOAL

(What will being active do for me?)

MY GOAL THIS WEEK:

(Start slowly when you start to exercise.)

WILL I EXERCISE WITH SOMEONE ELSE THIS WEEK?

YES NO

If yes, call and remind them about your plans for the week.

WHAT'S MY REWARD WHEN I REACH MY GOAL?

Have FUN being active! It's one of the best ways to control your diabetes.

SIGNED BY:

My Exercise Plan



| | TYPE OF ACTIVITY | NUMBER OF MINUTES |
|-----------------|------------------|-------------------|
| SAMPLE → | Walking | 30 min. |
| MON | | |
| TUES | | |
| WED | | |
| THUR | | |
| FRI | | |
| SAT | | |
| SUN | | |