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

<table>
<thead>
<tr>
<th>TYPE OF ACTIVITY</th>
<th>NUMBER OF MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>30 min.</td>
</tr>
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WEEK

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>

SAMPLE