

# 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
<b>SAMPLE</b> →	Walking	30 min.
MON		
TUES		
WED		
THUR		
FRI		
SAT		
SUN		