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