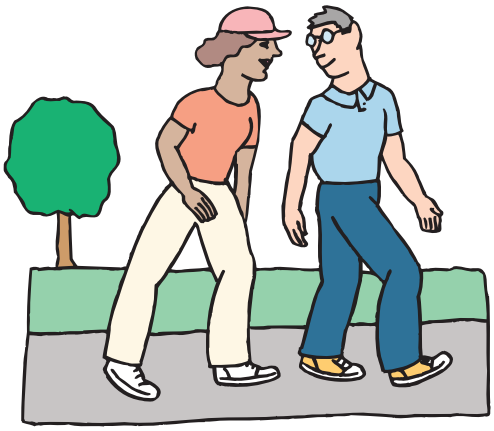
MY WEEKLY EXERCISE PLAN
HAVE FUN BEING ACTIVE



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:

_____

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

CLINICA family health
303.650.4460 www.clinica.org

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