

Activity Record Sheet

Use this Activity Record Sheet to keep track of your progress

Goal: 150 Minutes Weekly

Exercise lowers your blood sugar, helps keep your bones and heart strong, and promotes well being.
Record your base line and gradually increase your activity level. Ask your Doctor for specific recommendations and do not exercise if your blood sugar is greater than 240 mg/dl.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Activity
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								