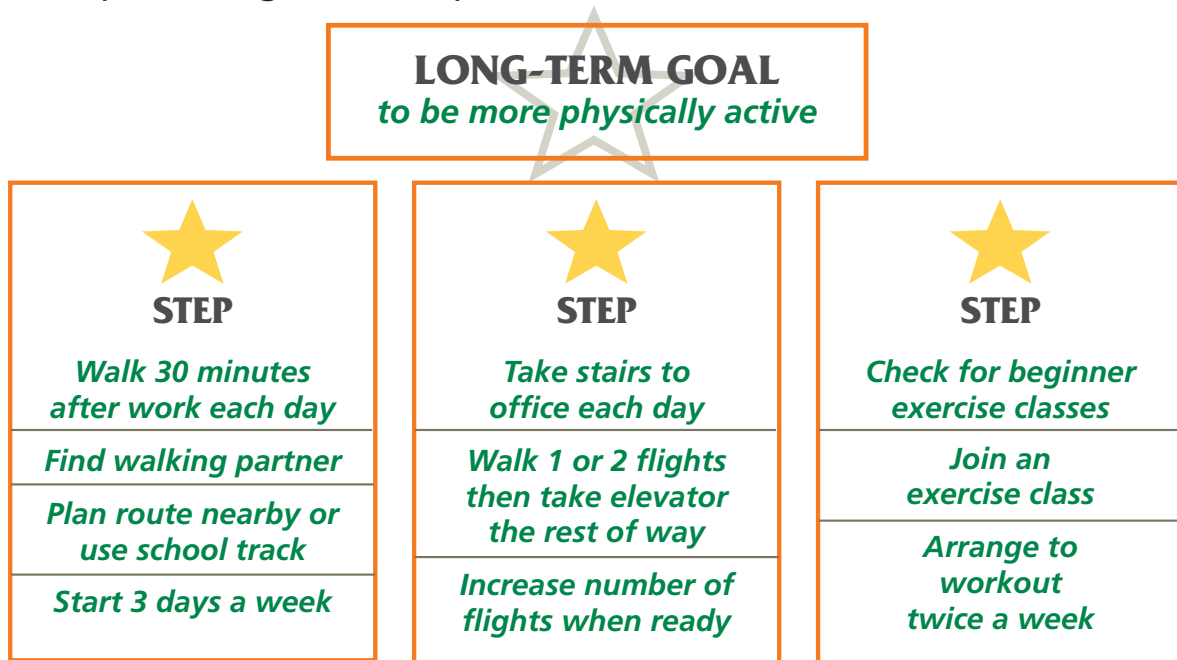




My Physical Activity Goals

(page 1 of 2 pages)

Before increasing your level of physical activity, make a plan to help you meet your long-term physical activity goal. Your plan will include short-term goals, or steps, that move you toward reaching this goal. Each step can be broken down into smaller steps. Set up your own plan using the example below.



List your reasons to become more physically active.

1
2
3

List some of the physical activities that you already enjoy.

1
2
3

Write down 2 or 3 blocks of time in your week that you could use for physical activity.

1
2
3



My Physical Activity Goals

(page 2 of 2 pages)

As you set up your exercise plan, include activities that you enjoy. Identify times in your daily routine to be more active. Focus on the action (being able to walk around the block without stopping) rather than on the end result (losing 20 pounds).

LONG-TERM GOAL

★
STEP

★
STEP

★
STEP

List ways you can tell if your plan is helping you manage your blood glucose level. (For example: I will record my blood glucose level in my log or calendar each time I am physically active.)

Write down anything that you think may keep you from meeting your physical activity goals. Then list ways to work around them, if they should occur.
