

Sample Walking Program and Exercise Log

Start to exercise slowly. If you have not been exercising, start with 15 minutes and increase it by 5 minutes each week. Aim for 30-40 minutes of exercise 5 times a week or more. Keep an exercise log.

Always check with your doctor before starting any exercise program.

Sample Program

	Warm Up Normal Walking	Brisk Walking	Cool Down Normal Walking	Total Time
Week 1	5 minutes	5 minutes	5 minutes	15 minutes
Week 2	5 minutes	10 minutes	5 minutes	20 minutes
Week 3	5 minutes	15 minutes	5 minutes	25 minutes
Week 4	5 minutes	20 minutes	5 minutes	30 minutes
Week 5	5 minutes	25 minutes	5 minutes	35 minutes
Week 6	5 minutes	30 minutes	5 minutes	40 minutes

Sample Activity Log

	Time of Day	Activity	# of minutes	Blood Sugar Before	Blood Sugar After
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

	Time of Day	Activity	# of minutes	Blood Sugar Before	Blood Sugar After
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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