

My Activity Planner

Diabetes ActiveCare



An activity plan needs monitoring, just like your blood sugar. Schedule what you will do, when you will do it, how long you will do it. Then be active as planned, and keep track of your actions. You can use this planner online or print it to use for planning and monitoring your activity. After a few days, evaluate whether your plan is working for you. Were you realistic in setting your plan? How do you feel? Does your plan need adjusting? Use this planner to help you achieve your goals for good health. **Think Big. Start Small. Make a Move!**

	Minutes for warm up	Activity planned	Activity time (minutes)	Days of the week for the activity	Minutes for cool down	Total time	Which days did I meet my plan?
Example	5	swimming	10	M-W-F	5	20	M-W
	5	walking	10	T-Th-Sat-Sun	5	20	T-Th-Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							



Medicare Part B patients: Call us and mention reference code **EDO6500** to order your diabetes testing supplies.
1-877-231-5199 | www.optumrx.com/diabetes

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