

# Physical Activity Log

## How does physical activity help manage blood sugar?

- Lowers blood sugar for 24-48 hours.
- Improves mood
- Increases insulin sensitivity
- Increases energy level
- Lowers stress
- Improves sleep

## Aim for 30 minutes of moderate activity at least 5 days a week.

What is your goal? \_\_\_\_\_: \_\_\_\_\_ times per week for \_\_\_\_\_ minutes each.  
Activity

**Week #1**  
 Week beginning Monday, \_\_\_/\_\_\_/\_\_\_

	<input type="checkbox"/>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Minutes: _____	_____	_____	_____	_____	_____	_____	_____
Activity: _____	_____	_____	_____	_____	_____	_____	_____

**Week #2**  
 Week beginning Monday, \_\_\_/\_\_\_/\_\_\_

<input type="checkbox"/>							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Minutes: _____	_____	_____	_____	_____	_____	_____	_____
Activity: _____	_____	_____	_____	_____	_____	_____	_____

**Week #3**  
 Week beginning Monday, \_\_\_/\_\_\_/\_\_\_

<input type="checkbox"/>							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Minutes: _____	_____	_____	_____	_____	_____	_____	_____
Activity: _____	_____	_____	_____	_____	_____	_____	_____