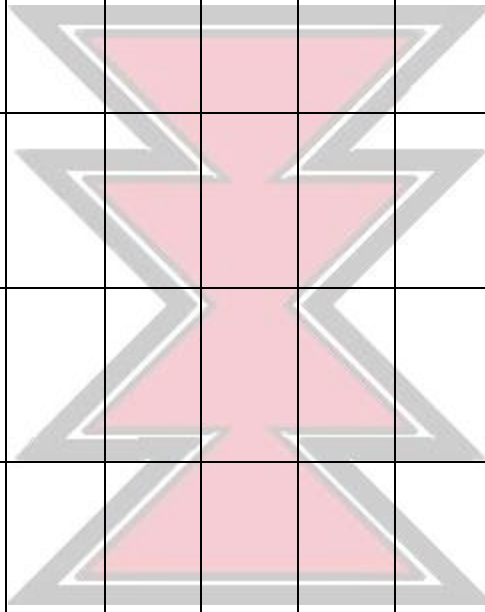


Exercise Weekly-Planner

Use this table to find time in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5-6am	6-7am	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm	10-11pm	11-12pm	
Sunday																				
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				



150 min of moderate physical activity (Aerobic) each week (Ex: 30 min 5 times per week) or 75 min of vigorous physical activity (Aerobic) each week (Ex: 25 min 3 times per week)

Exercise and Activity Pyramid



Diabetes Awareness Program

