

Activity Log

Start each week off with a fresh sheet and see if you can get closer with each passing week to the goal of 150 minutes of weekly exercise.

	Date/ Time	Duration (mins)	Activity	Notes (low blood sugar, pain, etc.)	Blood Glucose Before	Blood Glucose After
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Visit www.sprypubdiabetes.com to download a printable pdf of this activity log.