

Dates:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

In the top header, write the dates for the week.

In the first row write the name of the activity you plan to do.

In the second row write the duration of the aerobic activity or weight for each exercise.

In the third row write your weight each day or at the beginning of the week.

In the fourth row write your approximate blood glucose reading.

Exercise Routines	
<b>Day 1</b> Aerobics	<b>Sample Weight Routine</b>  <b>Chest</b> (bench presses 10-15 reps) <b>Shoulders</b> (shoulder presses 10-15 reps) <b>Back</b> (lateral pulldowns 10-15 reps) <b>Arms</b> (bicep curls 10-15 reps, tricep extensions 10-15 reps) <b>Legs</b> (glutes/back of leg 10-15 reps, quads/front of leg 10-15 reps) <b>Core</b> (abdominals 10-15 reps, lower back 10-15 reps)  <b>Sample Aerobic Activities</b>  Walking Stairmaster Swimming Low Impact Aerobic Class
<b>Day 2</b> Weights	
<b>Day 3</b> Off	
<b>Day 4</b> Aerobics	
<b>Day 5</b> Weights	
<b>Day 6</b> Aerobics	
<b>Day 7</b> Off	

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