



**PHYSICAL ACTIVITY
TOOL**

for addressograph plate

Instructions: Keep track of your physical activity or exercise. Also, record your blood sugar and any symptoms you might have.

Physical Activity Record

	Date	Time of day	Duration	Type of activity <i>(Aerobic, resistance or flexibility e.g., walking or stretching)</i>	Symptoms <i>(E.g., Low blood sugar, pain, dizziness)</i>	Blood Glucose Before	Blood Glucose After
Sun							
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							