

Instructions: Write down the answers to the following questions.

Planning Your Exercise Program

1. What exercise programs or activities are safe and practical for you to do regularly?
2. Of these, which activities would you enjoy doing?
3. Are there any activities you plan to do?
4. Where will you do these activities?
5. What time of day will you do your program?
6. How often will you exercise? How long will you exercise each time?
8. What will you do to reduce your risk for hypoglycemia?
9. What stretching, aerobic, and weight-bearing activities will you do?
10. What is your target heart rate?
11. What is your goal for your heart rate?
12. Identify a specific exercise goal – include the activity and how often you will exercise (e.g., “I will walk after dinner on the treadmill for 15 minutes on Mondays, Wednesdays and Fridays”).
13. How will you keep track of your exercise?
14. How will you reward yourself for your exercise program?