

MY WEEKLY EXERCISE PLAN

HAVE FUN BEING ACTIVE

DATE: _____

HOW WILL I BE ACTIVE THIS WEEK?

(Walking, gardening, jogging, or . . .)

MY SIX MONTH GOAL

(What will being active do for me?)

MY GOAL THIS WEEK:

(Start slowly when you start to exercise.)

WILL I EXERCISE WITH
SOMEONE ELSE THIS WEEK?

YES NO

If yes, call and remind them about
your plans for the week.

WHAT'S MY REWARD WHEN
I REACH MY GOAL?

Have FUN being active! It's one of the
best ways to control your diabetes.

SIGNED BY:

My Exercise Plan



	TYPE OF ACTIVITY	NUMBER OF MINUTES
SAMPLE →	Walking	30 min.
MON		
TUES		
WED		
THUR		
FRI		
SAT		
SUN		

Shop for Value, Check the Facts

Nutrition Facts	
2 servings per container	
Serving size	1 cup (228g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. **Start here.** For this label, one serving equals one cup. If you ate the whole package you would eat two cups or two servings. That would double the calories and other nutrients.

2. **Check calories.** This part of the Nutrition Facts Label tells us how many calories are in one serving of this food.

3. Nutrients

- **Nutrients to get less of:** Saturated fat, transfat, cholesterol, sodium, and added sugars. Eating too much of these nutrients may increase your risk of certain chronic diseases.

- **Nutrients to get more of:** Dietary fiber, vitamin D, calcium, iron, and potassium. Eating enough of these nutrients can improve your overall health.

4. **What is Daily Value?** The Daily Value used on the Nutrition Facts Label shows how much of the nutrient is in one serving. It is based on a 2,000 calorie per day diet for healthy adults. The percentage on the Nutrition Facts Label shows what percentage of the body's daily need for that nutrient is met by eating one serving of the food.

Quick guide to % DV. If the Daily Value is 5% or less, that means the food is **low** in that nutrient. If the value is 20% or more, then the food is a **good** source of that nutrient.