My Exercise Worksheet

My Exercise Goal:

Check each of the things below when you have done them:

- □ Talk to provider about what exercise to do and how often
- □ Find and wear shoes that fit well
- □ Pick comfortable clothing
- □ Use sun screen and insect repellent if exercise is outside
- $\hfill\square$ Take and drink water
- □ Have a quick sugar
- □ Wear ID that shows you are diabetic



Talk to provider about how to change what exercise to do if you have dizziness, pain in chest, jaw, arms, ears, irregular pulse or trouble breathing.

Choose an exercise:

- □ Walking
- □ Biking
- □ Jogging
- □ Exercise Classes
- □ Swimming

- □ Stair climbing
- □ Home video exercise tapes
- □ Skating
- □ Dancing
- □ TV exercise program/Video

Things I will need to be successful:

CHAP Take Action - Exercise Cass, Tiernan Revised 11/04

This product was developed by the Galveston: Take Action project at the Galveston County Health District with support from the Robert Wood Johnson Foundation® in Princeton, NJ.