

Week #:	Pre-Exercise SMBG	Post-Exercise SMBG	Types of Non-Aerobic Activity	Types of Aerobic Activity	Group Activity? (Yes/No)	Total Number of Minutes	Total Number of Steps per Day
MON	110	90	Lift weights	Push mower	NO	40	2200
TUES	105	98	Back and Leg stretches	Walk @ Mall Swim	NO Yes	50	4145
WED	98	95	Wall stretches	Dig in the garden	NO	35	2500
THURS							
FRI							
SAT							
SUN							
TOTAL							

Name	
Address	
City	
State	Zip Code
Phone	
Doctor's Name	
Doctor's Phone	
In Case of Emergency, Notify (Name)	
Phone	



Activity Log

Name: Ann Smith

Week of: 6/6/07

Week #: EXAMPLE