

Salud Y Vida

DSME Class Session 4

Weekly Action Plan

Name: _____

Date: _____

This week I promise to:

____ Invite someone to exercise with me.

____ Identify two places where I can exercise.

____ Talk to my doctor about what exercises I can do.

____ Examine my feet before exercising.

____ Drink water to stay hydrated.

____ Do physical activity for _____ minutes a day.



	Type of exercise	How many minutes?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total		

____ Other: _____

When I achieve my goal, I will reward myself with:

Signature: _____

Date: _____

Witness: _____