



---

Your mission—should you choose to accept it—is to exercise 5 days this week.

---

Exercising regularly can help you live well with diabetes. Regular exercise can lower blood sugar and cholesterol. It can give you more energy. And it can make you feel good!

One way to get the most out of exercise is to keep track of your physical activity and your blood sugar before and after exercise. So choose an exercise you enjoy and get moving!

## Exercise and blood sugar tracker

Day	Blood sugar before exercise	Activity	Number of minutes	Blood sugar after exercise
1				
2				
3				
4				
5				