Diabetes Watchers Weekly Action Plan

(Fill out and return on Thursday)

This week I will	(what)
	(how much)
	(when)
	(how often)
Example: I will walk (what) around the block (how much) before lunch (whoften.)	nen) three times (how
Check off when you did it and comment.	
Monday	. <u> </u>
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
What got in your way of the action plan?	
What are some solutions to this problem?	

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