

**Pre and Post Chapter 3 Survey
Rosa's Story: Exercise Plan**

Write down what is most important for you to learn from this chapter,

Please rate the following areas using the numbers below:

1 = I know this

2 = I need more instruction

3 = I need a full review

Before

How being physically active affects my diabetes

How to start a fitness plan

How to exercise safely

After**Diabetes Self-Care Action Plan**

At the end of this chapter, please choose a goal you want to focus on.

I will:

- Speak with your doctor before starting an exercise program.
- I will (list activity/exercise) _____ for _____ minutes each week.
- I will be more active in my daily routine by _____. Examples: using the stairs, walking instead of driving, using a pedometer.
- I will check my blood sugar 5 minutes before and 5 minutes after exercise and write the results on my log book
- Schedule individual educator appointments to review your self-care progress.

Remember: Review your Diabetes Self-Care Action Plan with your healthcare provider