

Participant ID# _____

Keep Moving!... Keep Healthy Exercise Log

This log will help you to stay on track and see the progress you are making. Add up your total minutes of exercise for the week. Bring your logs to the follow up exercise so we can discuss your results.

Waist circumference at start of program: _____ inches

DATE	BLOOD GLUCOSE (Before)	ACTIVITY	HOW LONG? (Minutes)	<i>Steps Taken Per day</i>	HOW HARD? RPE 6 – 17 <i>See pg. 11</i>	BLOOD GLUCOSE (After)	COMMENTS
Weekly total							Weekly waist circumference measurement: _____ inches