

My Physical Activity Planning Tools

These tables of questions and topics list important things you should discuss with your health care team at each checkup.

What to Ask Your Health Care Team
Date: _____
Name of the health care team member you are visiting: _____
Should I change my medicine?
Should I change what and when I eat?
When should I take my prescription medicine?
How much should I take before physical activity?
When should I take my over-the-counter medicine?
Should I eat before physical activity? Or after?
What should I do if I have low blood sugar during physical activity?

Which activities are safe for me?
Daily activities:
Aerobic exercise:
Strength training:
Stretching: