

# Exercise and Insulin Personal Plan



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6am 7 8 9 10 12 1 2 3 4 5 6pm 7 8 9 10 12 1 2 3 4 5 6am  
midday midnight

## Exercise 1

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6am 7 8 9 10 12 1 2 3 4 5 6pm 7 8 9 10 12 1 2 3 4 5 6am  
midday midnight

## Exercise 2

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6am 7 8 9 10 12 1 2 3 4 5 6pm 7 8 9 10 12 1 2 3 4 5 6am  
midday midnight

## Exercise 3

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6am 7 8 9 10 12 1 2 3 4 5 6pm 7 8 9 10 12 1 2 3 4 5 6am  
midday midnight

## Exercise 4

