

## MOVE YOU – Weekly Outline Download

	EXERCISE CARE	NUTRITIONAL CARE	CLINICAL CARE
WEEK 1	Small Group Session #1 1-1 Individual Exercise Prescription Begin Individual Exercise Sessions	Small Group Nutritional Session	Health Testing (Sat 5 / Sun 6 Oct) Exercise Blood Sugar Monitoring
WEEK 2	Small Group Session #2 Individual Exercise Sessions		Exercise Blood Sugar Monitoring Access to Diabetes Adviser/Exercise Coach during Small Group Session
WEEK 3 & 4	Small Group Session #3 & #4 Individual Exercise Sessions		Exercise Blood Sugar Monitoring Access to Diabetes Adviser/Exercise Coach during Small Group Session
WEEK 5	Small Group Session #5 Review of 1 to 1 Individual Exercise Program	Individual Q & A Session	Exercise Blood Sugar Monitoring Access to Diabetes Adviser/Exercise Coach during Small Group Session
WEEK 6, 7 & 8	Small Group Session #6, #7 & #8 Review of Individual Exercise Program Individual Exercise Sessions		Pre & Post Exercise Blood Sugar Monitoring
WEEK 9	Small Group Session #9 Final Review of 1 to 1 Individual Exercise Program Individual Exercise Sessions		Final Health Indicator Testing Exercise Blood Sugar Monitoring Access to Diabetes Adviser/Exercise Coach during Small Group Session
WEEK 10	Small Group Session #10 Final Individual Exercise Sessions		Final HBA1c Blood Testing Exercise Blood Sugar Monitoring Wrap up of Support Care