



Checklist: Athletic Practices Guide for Diabetics

Blog: [Four Day Grit, Diabetes and Football by Brandon Green](#)

Step 1: Start early

- One week before practices begin**
 - Exercise at the same time as upcoming practices
 - 2 day practices – exercise twice a day
 - Try to match “practice” intensity if possible
 - Hydrate, Hydrate, Hydrate
 - Remember: Exercise shock can drop blood sugars hours later
- Prepare fast acting supplies kit**
 - Powdered Gatorade, Protein/Granola Bars, Complex Carbs

Step 2: Be a Disciplined Diabetic Athlete

- Set your goal for Athletics
- Set your goal for Diabetes during Athletics
 - Use “[My Extracurricular Game Plan](#)”

Step 3: Conduct Consistent Glucose Monitoring

- Use a Continuous Glucose Monitor (CGM) *if possible*
 - Create an alternate plan if CGM usage is not possible
 - Know** what your **BG is at the moment**
 - Know** which **direction your BG is heading**
- Check **30 minutes before** practice or activity
 - Allows time for consumption of complex carbohydrates
 - Granola bars, Protein bars, Power Bars
- Check again **10 minutes** before practice or activity
 - Indicates** what **direction BG is heading**
 - If needed, boost with simple sugars
 - Gatorade or fast acting carbs



“Athletic Practices Guide for Diabetics” by Brandon Green @ www.Type1ToGo.com

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Always consult your doctor for medical advice. (Updated: 6/7/2017)

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Step 4: 30 Minute "Let it Ride" Rule for High BGs

- Intense Athletic Workouts** use a **30 minute "Let it Ride" Rule**
 - Remember: High BGs can be rebounds from low BG treatment
 - Adrenaline affects your BGs
- Remember - Drink water to keep hydrated
- Beware the insulin crash
 - BG does not have to be "low" to affect you
 - It will make you feel so tired you can barely function

Step 5: Eat Protein, Protein, Protein

- Eat lots of protein before, during and after workouts
 - Protein steadies blood sugar for pro-longed periods of time
 - Protein helps level out peaks and valleys
- Add protein to snacks – like peanut butter to an apple

Step 6: Use Powder or Concentrate for Drinks

- Choose a drink supplement in powdered form versus liquid
 - Gatorade powder
- Make "Special" concentrated drinks with limited amount of liquid for lows
 - Prevents the "sloshing" stomach
- Adjust carb ratios based on amount of powder used

Step 7: Bump your Water/Gatorade level

- Brandon's **90 - 130 - 180 Gatorade Guide***
 - Below 90:** Drink *concentrated* Gatorade any chance possible
 - 90-130:** Alternate water/Gatorade: 2 Gatorades to 1 Water
 - 130-180:** Switch to: 2 Waters to 1 Gatorade
 - Above 180:** Switch to: Just Water

* Customize your own guide that works!

Step 8: Have Grit

- Be tough and smart
- Don't take chances

For more information on this subject, read Brandon Green's blog called [Four Day Grit, Football and Diabetes](http://www.Type1ToGo.com) on www.Type1ToGo.com.



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