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 a 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

☐ Create a plan for non-CGM use
  ☐ CGM use is an option but not necessary
  ☐ Always have a blood glucose meter for CGM mishaps
☐ Know what your BG is at a given moment
  ☐ Check 30 minutes before practice or activity
    ☐ Allows time for consumption of complex carbohydrates
      ☐ Granola bars, protein bars, power bars
  ☐ Know which direction your BG is heading
  ☐ 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
Step 4: 30 Minute “Let it Ride” Rule for **High** BGs

- **Intense Athletic Workouts** use a 30 minute “Let it Ride” Rule
  - Note - High BGs can be **rebounds** from low BG treatment
  - Adrenaline affects your BGs
  - Beware the insulin crash
  - Food, hydration and BGs can **all** affect performance levels

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
  - Prevent stomach “sloshing”
    - Use powder to create **concentrated** drinks with less liquid
  - “Special” concentrate can be used for low BG treatments
  - 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** on www.Type1ToGo.com.