



## 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



“Athletic Practices Guide for Diabetics” by Brandon Green @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

This information provided for general use only. It is not intended as medical and/or legal advice.

Always consult your doctor for medical advice. (Updated Oct 2018)

*All Rights Reserved*

## 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](http://www.Type1ToGo.com) on [www.Type1ToGo.com](http://www.Type1ToGo.com).



“Athletic Practices Guide for Diabetics” by Brandon Green @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

This information provided for general use only. It is not intended as medical and/or legal advice.

Always consult your doctor for medical advice. (Updated Oct 2018)

*All Rights Reserved*