

My Activity and Eating Plan

For Diabetes



Activity usually **LOWERS** blood glucose. Before you start your activity, you'll need to set a plan.

Depending on what time you last ate, you may need food or insulin before or during your exercise. Complete this activity plan with your dietitian to come up with a simple and safe plan for being active with diabetes. Some activities like weightlifting and sprinting may raise your blood sugars. You will learn how your body responds to specific activities over time.

General pre-exercise carbohydrate guide based on current blood glucose:

If blood glucose (mg/dl) is: Then, before/during activity:

Less than 100	Treat like a low (give 15g fast acting): _____
100 to _____	Eat ____ gram carbohydrate snack: _____
Higher than _____	No snack
Greater than 250 Check ketones	Do not exercise if you have moderate to large ketones Treat ketones and stay hydrated

My activity and eating plan: _____

	Time	Blood glucose number	Food/beverage choices and carbs	Insulin
Pre-activity				
Activity type and duration				
During activity				
After activity				

Observation and comments:

To report blood glucoses and for insulin dose changes:

- Email: endonurse@seattlechildrens.org
- Phone: 206-987-2640 (option 3)

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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A sample activity and eating plan:

	Time	Blood glucose number	Food/beverage choices and carbs	Insulin
Pre-activity	3pm	Check number	20g carbs: Special K bar or trail mix or ½ turkey sandwich	No insulin
Activity type and duration	3:30pm soccer practice x 1.5 hours	Check number again before playing	No need to eat again	No insulin
During activity	Around 4:15pm	Check number ½ way through practice	Take ½ diluted juice, drink if BG is dropping or water if it is not	No insulin
After activity	Dinner at 5:30/6pm when home	Check number before eating	Eat regular dinner about 75g carbs	Insulin for all carbs

Observation and comments:

Example:

4/28 I get a low number after giving insulin for all the carbs at dinner.

I will try only giving insulin for ½ the carbs next time.