

Title:

What to do, and when to do it!



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	Measure my glucose level	Have a small snack	Have a shot of insulin
Having my morning break sandwich	X		X
Doing P.E.	X	X	
Just before a meal	X		X
I feel my glucose level is a bit low	X	X	

Look at Carol's Diabetes Reminder Chart, above, and answer the following questions:

Before a meal, Carol has to _____ and _____

Before doing P.E., Carol has to _____ and _____

Before going out to play, at break, Carol has to _____ and _____

When should Carol have a little snack? _____ and _____

When should Carol have a shot of insulin? _____ and _____

When should Carol measure her glucose level?
