

CHECKS and BOLUSES

	79	78	77 What do you do before a carb snack?	76	75 	73	
65	66	67	68	69	70 <i>What do you do to correct a high?</i>	72	
64	63 	61 	59	58			
49	50	51	52 What do you do before a carb meal?	53	54 <i>When do you have glucose tablets or p.j. before checking?</i>	55	56
48	47	46 <i>What do you do after eating carbs?</i>	45	43	42	41	
	34	35	36 What do you do when you wake up?	37	38 What do you do before exercising?	39	40
32	31	30 What do you do after you exercise?	29	27	26 	24	
17	18 <i>What do you do after a milkshake?</i>	19	20	21	22	23	24 When should blood glucose be checked?
16	15	14	13 <i>What do you do if you feel low and goofy?</i>	12	11 What do you do at night before bed?	9	
1		3	4	5 When should a bolus be taken?	6	7	8

To play you will need a die and each player will need a token or pawn.