



Type 1 Diabetes Exercise Carbohydrate Calculator

I agree: This is for information only and I will check with my diabetes team

1. What's your name
2. What activity are you doing?
3. Weight in kilograms (kg)?

4. What is your exercise hypoglycaemia risk?

5. What type of activity are you doing (see pictures)?
9. What glucose units does your device use?
10. At what glucose & ketone level should you stop exercise?

Guidelines the Type 1 DEC is based on (click & read):

- [Moser et al \(2020\) EASD/ISPAD CGM& Exercise](#)
- [Adolfsson et al \(2018\) ISPAD Paediatric Exercise](#)
- [Riddell et al \(2017\) Type 1 Exercise Consensus](#)
(where the graphic is from)

Disclaimer

- Carbohydrate plans must be made by a qualified diabetes professional
- Always consult a qualified diabetes professional before trying or adapting a plan



How to use the Exercise Carbohydrate suggestions:

1. Check the CGM device 20 minutes before, just before and every 20 minutes during exercise
2. Use the glucose value and "Sensor Glucose Level" to decide which row to use
3. Next, use the CGM trend arrow to discover the amount of carbohydrate and action to take
4. Choose only of the treatment options from the final two columns
5. The treatment options can be changed by the drop-down
6. Try to use glucose only options for best diabetes control

Sensor Guucose Level	Trend arrow & action to take	Carbohydrate grams needed for 20 mins		
	↓↓ ↓↓↓			
	↓			
	↑			
	↑↑ ↑↑↑			
	↓↓ ↓↓↓			
	↓			
	↑ ↑↑ ↑↑↑			
	↓ ↓↓ ↓↓↓			
	↑ ↑↑ ↑↑↑			
	All Arrows			
	↓ ↓↓ ↓↓↓			
	↑ ↑↑ ↑↑↑			
	All Arrows			