


IN TARGET
a diabetes awareness game for all ages
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Suggestions for downloading:

This first page contains the rules for the game – you can print it on letter paper. (1 page)

Pages 2,3,4 and 5 make up the game board – print on medium card stock. (4 pages)

Pages 6 through 11 are the 'play' and 'tip' cards – print on business card stock. (6 pages)

Cut the game board pages and arrange as indicated – in an 'X'.

The four colored cards are the playing tokens– fold each in thirds and tape to hold.

Place the 'tip' cards in the center of the game board.

RULES

Players choose a token and place it on the matching 'start'.

Spread the 'play' cards face down – then, *at the same time* all players choose a card.

The player picking a number card is the dealer:

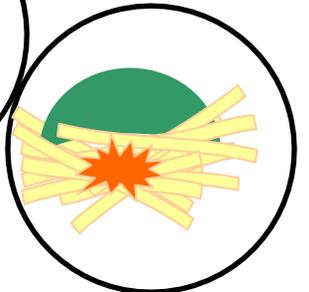
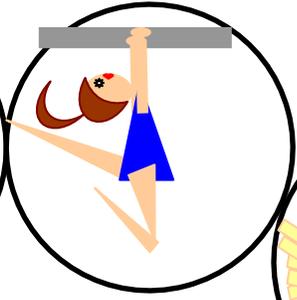
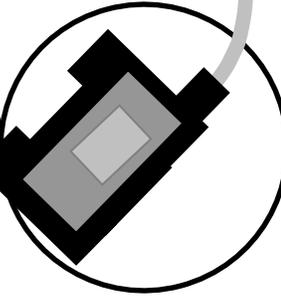
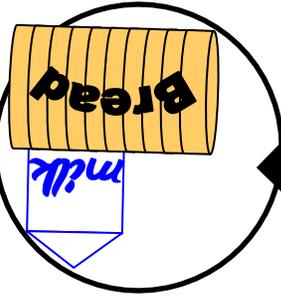
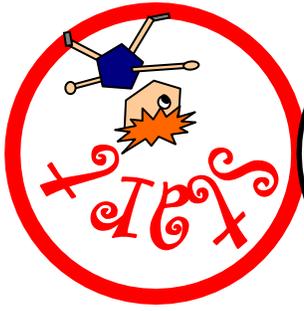
if no number card is picked players continue to draw;

if more than one player picks a number card the player drawing the highest number deals.

Dealer mixes the cards and deals (face down) the same number of cards for each player: 18 each for 2 players; 12 each for 3 players; 9 each for 4 players- and puts the piles on the 'play cards' spaces.

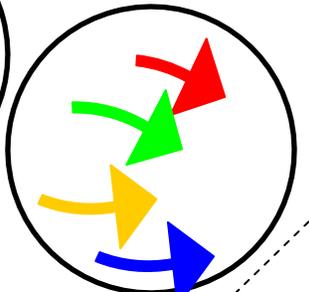
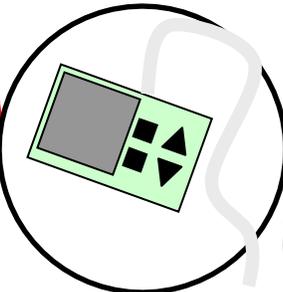
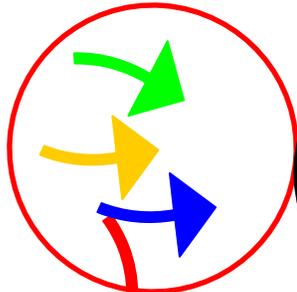
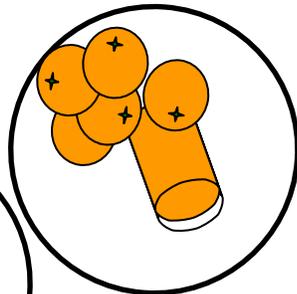
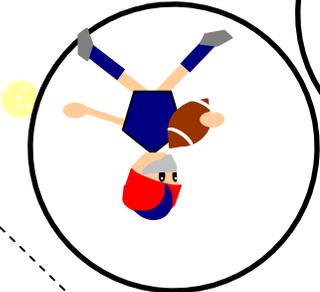
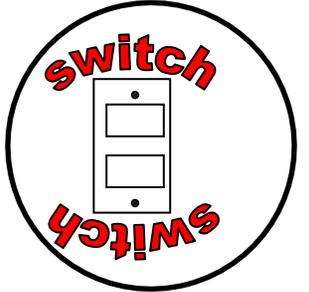
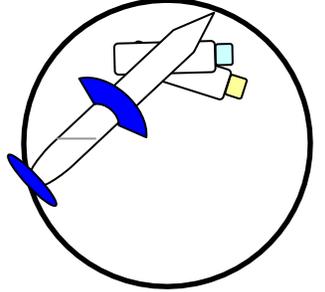
1. Player to the left of the dealer goes first and play proceeds counter-clockwise.
Players pick from their 'play' cards in turn and move accordingly.
Used cards should be placed face up under the remaining cards.
Should all cards be played the dealer will mix all the cards and deal another round.
2. Players proceed in the direction indicated by the colored arrows matching their token.
3. Players landing on an occupied space give a 'tip' card to the occupant or return to their 'start'.
4. Players landing on a 'switch' space may switch spaces with any other player.
5. Players keep their 'tips' for scoring – they may be read aloud when picked.
6. The first player to get 'on target' ends the game. The exact number of spaces is needed.

Scoring: Three points for ending the game; one point for each 'tip' card.



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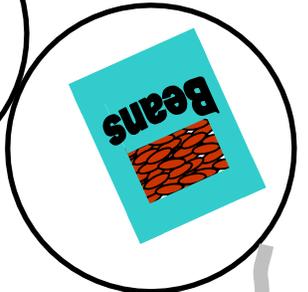
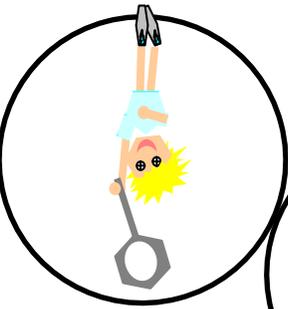
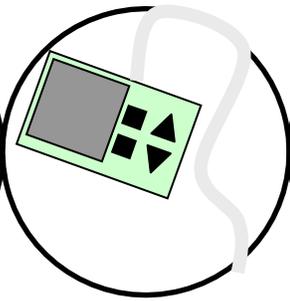
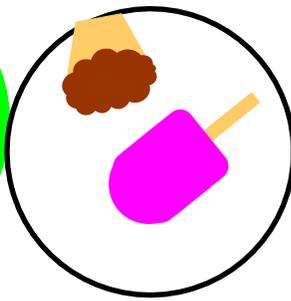
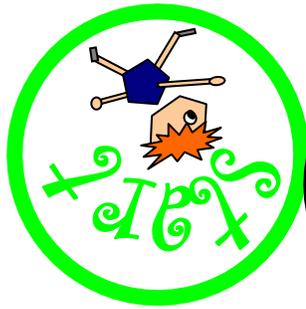
play cards



take a tip

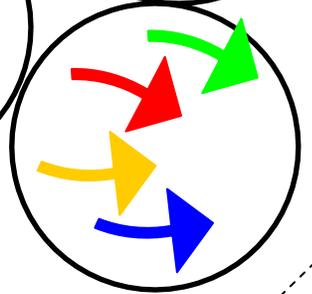
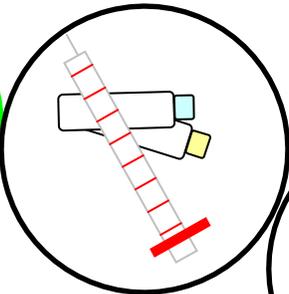
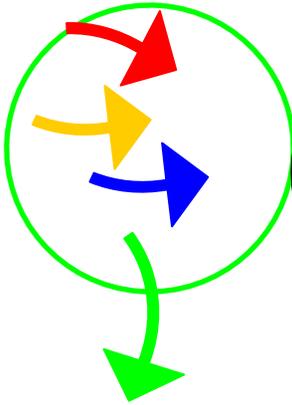
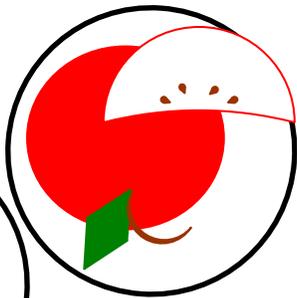
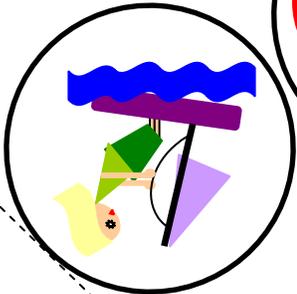
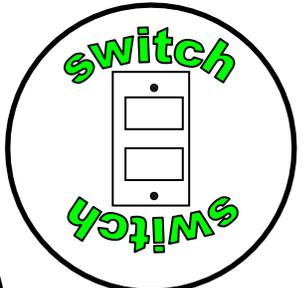
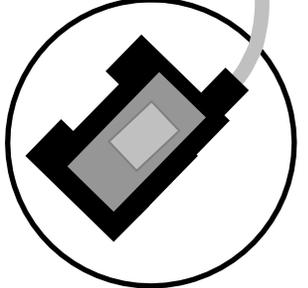
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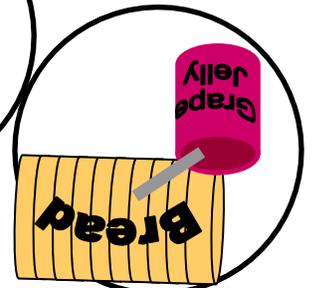
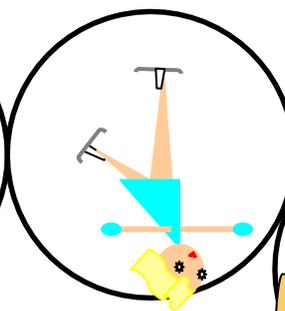
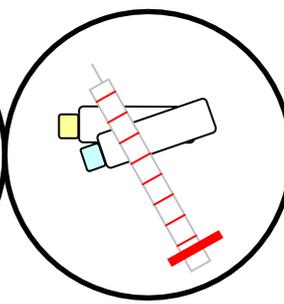
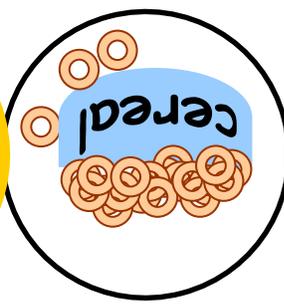
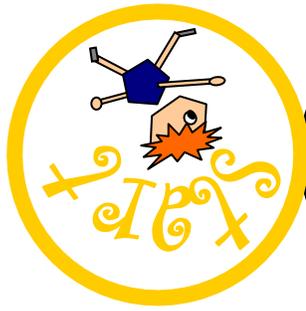
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play cards



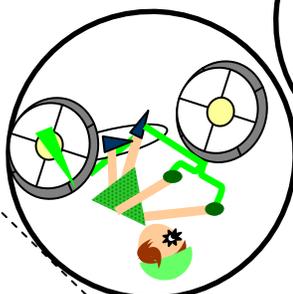
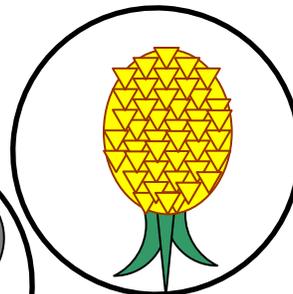
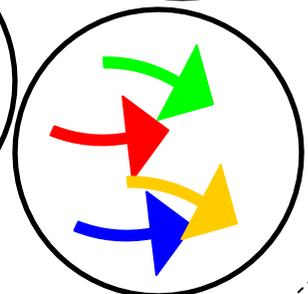
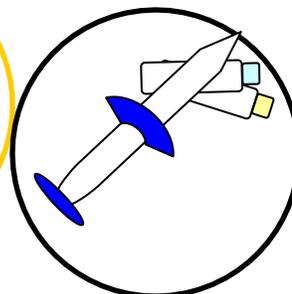
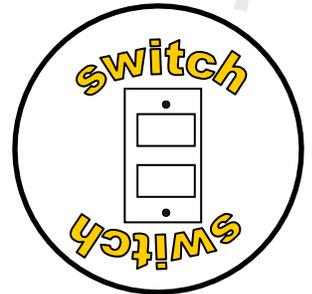
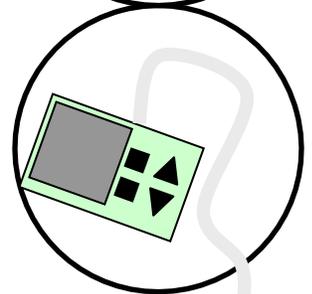
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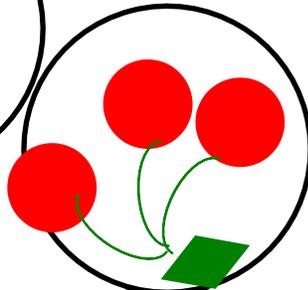
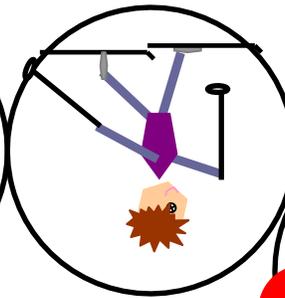
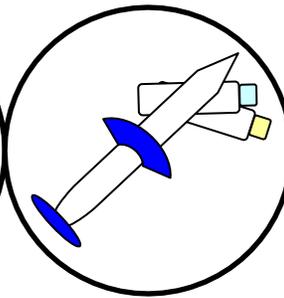
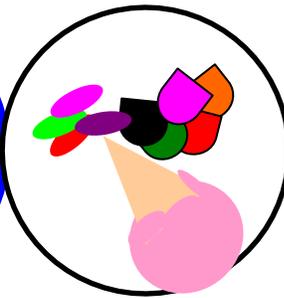
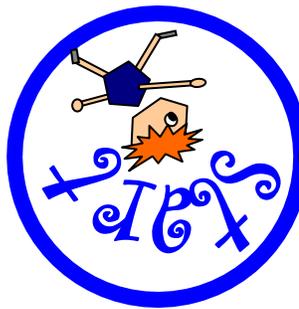
play cards



take a tip

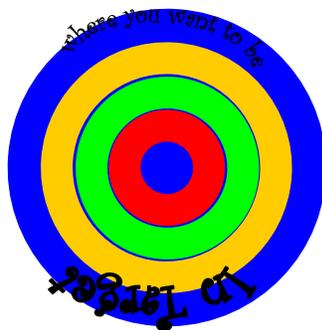
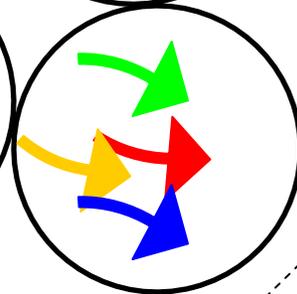
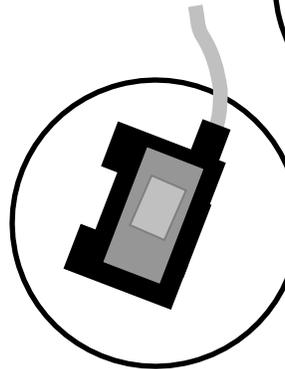
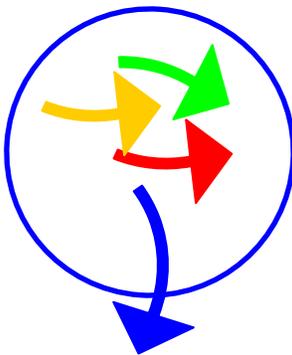
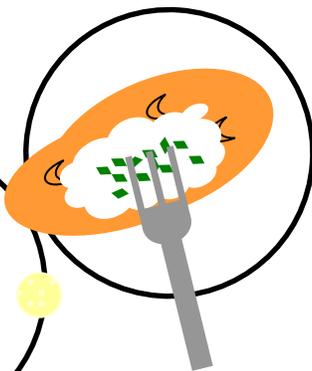
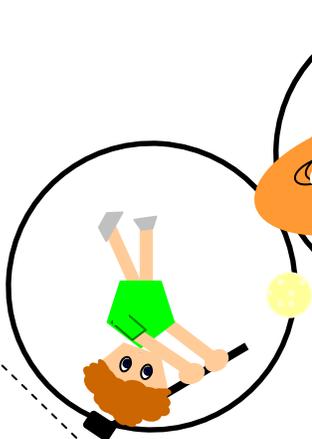
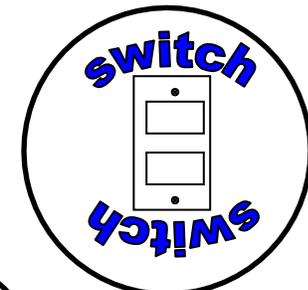
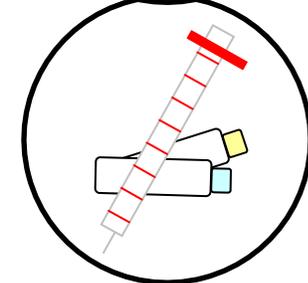
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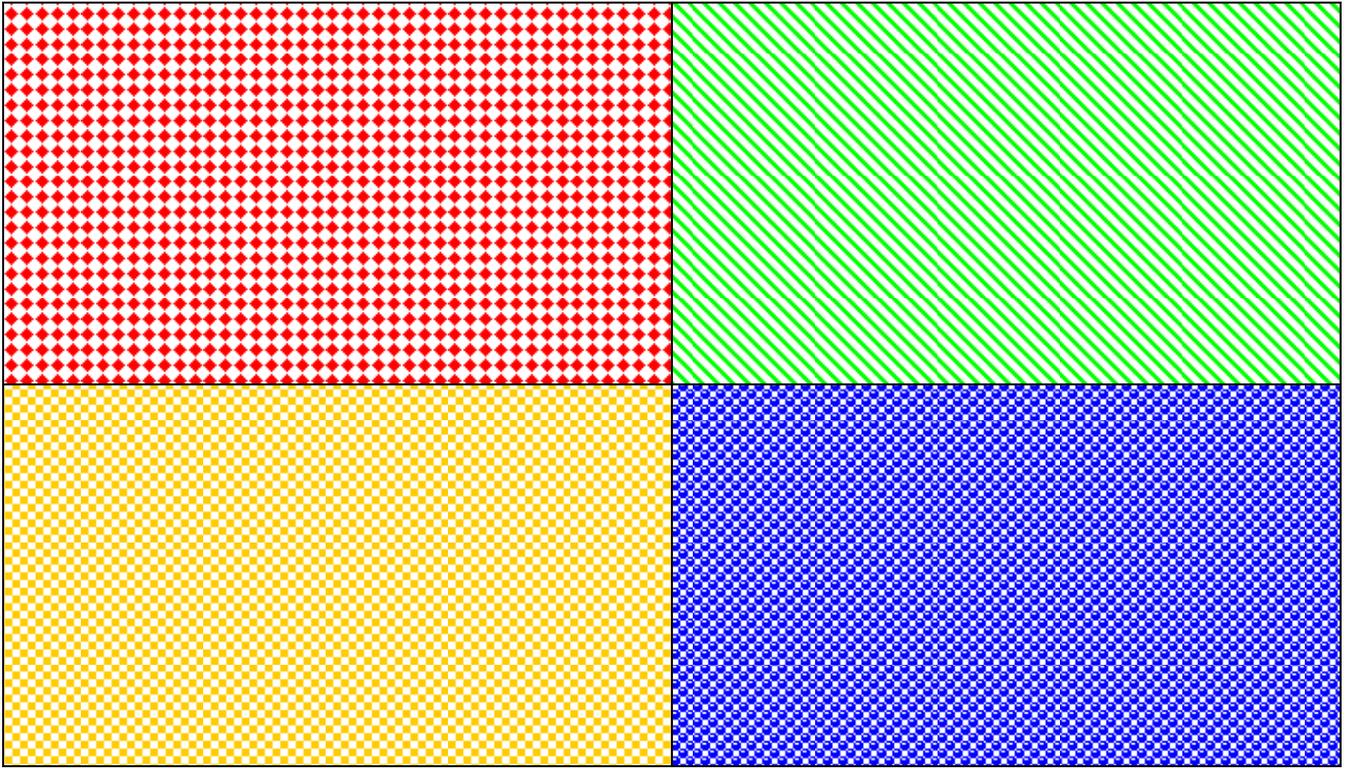
please read



take a tip

cut on dotted lines





1

1

1

2

2

2

3

3

3

4

4

4

Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

Blood sugar too low?
HYPoGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!

Blood sugar too low?
HYPoGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!



No couch potatoes allowed!
Go back to exercise!
You're on an exercise space?

Take a tip!



No couch potatoes allowed!
Go back to exercise!
You're on an exercise space?

Take a tip!



No couch potatoes allowed!
Go back to exercise!
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Take a tip!

Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

Blood sugar too low?
HYPOGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!

Keeping a diabetes log



Move 5 and **take a tip!**

Keeping a diabetes log



Move 5 and **take a tip!**

Keeping a diabetes log



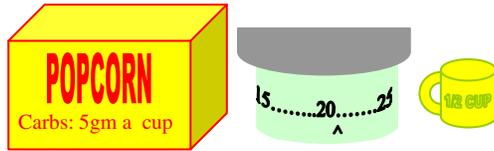
Move 5 and take a tip!

Keeping a diabetes log



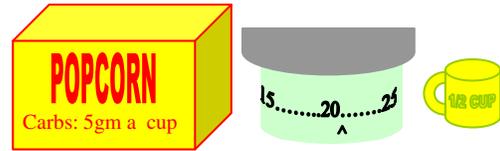
Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Checking blood



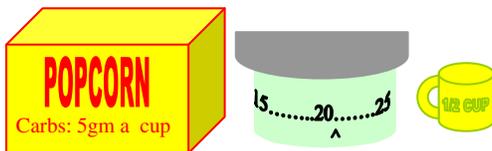
Move 5 and take a tip!

Checking blood



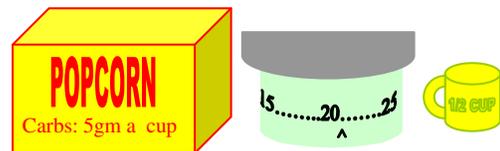
Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Checking blood



Move 5 and take a tip!

Checking blood



Move 5 and take a tip!

Here's a tip -



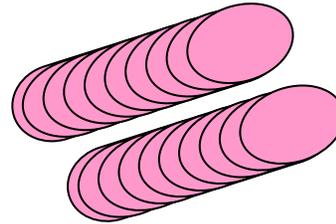
People with diabetes become like jugglers— they learn to balance diet, exercise and insulin.

Here's a tip -



You can't get diabetes from what you eat. What you eat can help if you have diabetes but what you eat can't stop you getting it.

Here's a tip -



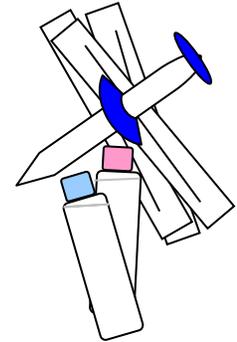
It's important to always have quick-energy food, such as glucose tablets, with you at all times.

Here's a tip -



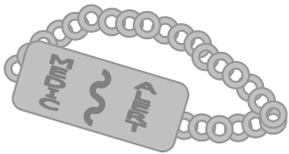
Keeping a record of carbohydrates, insulin and exercise helps to stay on target.

Here's a tip -



You need needles, a syringe and insulin to take your shots.

Here's a tip -



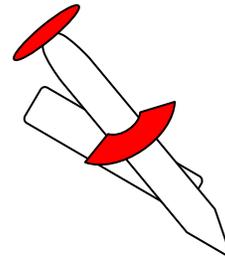
It is important to wear an ID like a 'MEDIC ALERT' bracelet. in case you get into trouble.

Here's a tip -



People with diabetes become like detectives – they learn the clues that tell if their blood sugar is high or low.

Here's a tip -



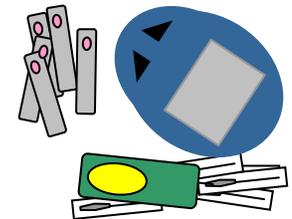
Keep GLUCAGON on hand in case of hypoglycemia

Here's a tip -



People with diabetes become like doctors.– they learn to take care of their health.

Here's a tip -



Have test strips, lancets and your glucose meter so you can check your blood.

Here's a tip -



Insulin pumps give a steady amount of insulin and can be programmed to give extra insulin. The insulin goes from the pump through a tube into an infusion site which is usually on the stomach.

Here's a tip -



The pancreas is a small organ behind the stomach that produces digestive juices and the hormone insulin. Type 1 diabetes means the pancreas isn't producing insulin.

Here's a tip -



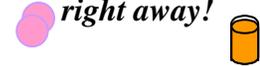
A balanced diet is important for everyone.

Here's a tip -

Some signs of HYPOGLYCEMIA (low blood sugar)

- *Feeling shaky and dizzy*
- *Being grouchy*
- *Maybe sweaty*
- *Arms and legs numb and tingly*

You need quick-energy food right away!



Here's a tip -

Some signs of HYPERGLYCEMIA (high blood sugar)

- *Feeling bad*
- *Being thirsty*
- *Going to the bathroom a lot, You need insulin right away!*



Here's a tip -



Blood checks are NOT tests! There are no wrong answers.

Here's a tip -



Insulin is an essential hormone. It allows glucose (blood sugar) to get into the cells. Without insulin a person can't get energy.

Here's a tip -

Total Fat 1g	2%
Total Carb. 33g	11%
Fiber 2g	8%
Sugar 1g	
Protein 7g	

Keep track of carbs and other nutrients by reading the label when you buy packaged foods.

Here's a tip -



It's great if your blood check is in target -

if it isn't talk to your health care team about changing your diet or insulin.

Here's a tip -



Check blood glucose before and after you exercise.