Use this chart to log progress in SUGAR SMART September amongst colleagues, friends or family.

Tick next to dates when you have successfully avoided added sugar.

**Options:**

1) **No Spoons Option**
   - Completely cut out added sugar from your diet for the whole of September

2) **Healthy Balance Option**
   - Avoid added sugar during weekdays, with moderate treats only during weekends

3) **Super Seven Option**
   - Eat less than the maximum recommended 7 teaspoons of added sugar per day. This is a good option to get started on for long term Sugar Smart eating

4) **Easing In Option**
   - Cut out added sugar during working hours – particularly suited to those who are tempted daily by office treats!

5) **Set your own Challenge**
   - ________________  
   - ________________  
   - ________________

**Good Luck!**

Let us know how you get on via social media  
@sugarsmartuk  
#SugarSmartSeptember

www.sugarsmartuk.org