

Use this chart to log progress in **SUGAR SMART** Month amongst colleagues, friends or family. Tick next to dates when you have successfully avoided added sugar.

NAME								
OPTION								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								
Day 11								
Day 12								
Day 13								
Day 14								
Day 15								
Day 16								
Day 17								
Day 18								
Day 19								
Day 20								
Day 21								
Day 22								
Day 23								
Day 24								
Day 25								
Day 26								
Day 27								
Day 28								
Day 29								
Day 30								
Day 31								



NO SPOONS OPTION

Completely cut out added sugar from your diet for the whole of month!

HEALTHY BALANCE OPTION

Completely avoid added sugar during weekdays, with moderate treats only during weekends.



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.



EASING IN OPTION

Cut out added sugar during working hours – particularly suited to those office workers who are tempted daily by office treats!

SET YOUR OWN CHALLENGE

Do you have your own idea for a challenge? Ditching fizzy drinks or cooking from scratch to avoid hidden sugars in popular foods? Set your goal and let us know.



GOOD LUCK! Let us know how you get on:

sugarsmart@croydon.gov.uk [#sugarsmartcroydon](https://twitter.com/sugarsmartcroydon)