Sweet SACRIFICE

...because sugar is not always nice...

FALL 2017 — TRACKING SHEET

Row 1 (×7):

SUGAR GOAL: ☐
DAILY TOTAL: ☐
Total added sugar in each meal:
BREAKFAST	LUNCH	DINNER

Notes: #1 Source of Sugar?

Row 2 (×7):

SUGAR GOAL: ☐
DAILY TOTAL: ☐
Total added sugar in each meal:
BREAKFAST	LUNCH	DINNER

Notes: How do you feel?

Row 3 (×7):

SUGAR GOAL: ☐
DAILY TOTAL: ☐
Total added sugar in each meal:
BREAKFAST	LUNCH	DINNER

Notes

The daily ADDED SUGAR LIMIT recommended by the American Heart Association

12g KIDS **25g** WOMEN **36g** MEN

Working-Well