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| **Name** |  |  |  |  |  |  |  |  |
| **Option** |  |  |  |  |  |  |  |  |
| **01/09/2018** |  |  |  |  |  |  |  |  |
| **02/09/2018** |  |  |  |  |  |  |  |  |
| **03/09/2018** |  |  |  |  |  |  |  |  |
| **04/09/2018** |  |  |  |  |  |  |  |  |
| **05/09/2018** |  |  |  |  |  |  |  |  |
| **06/09/2018** |  |  |  |  |  |  |  |  |
| **07/09/2018** |  |  |  |  |  |  |  |  |
| **08/09/2018** |  |  |  |  |  |  |  |  |
| **09/09/2018** |  |  |  |  |  |  |  |  |
| **10/09/2018** |  |  |  |  |  |  |  |  |
| **11/09/2018** |  |  |  |  |  |  |  |  |
| **12/09/2018** |  |  |  |  |  |  |  |  |
| **13/09/2018** |  |  |  |  |  |  |  |  |
| **14/09/2018** |  |  |  |  |  |  |  |  |
| **15/09/2018** |  |  |  |  |  |  |  |  |
| **16/09/2018** |  |  |  |  |  |  |  |  |
| **17/09/2018** |  |  |  |  |  |  |  |  |
| **18/09/2018** |  |  |  |  |  |  |  |  |
| **19/09/2018** |  |  |  |  |  |  |  |  |
| **20/09/2018** |  |  |  |  |  |  |  |  |
| **21/09/2018** |  |  |  |  |  |  |  |  |
| **22/09/2018** |  |  |  |  |  |  |  |  |
| **23/09/2018** |  |  |  |  |  |  |  |  |
| **24/09/2018** |  |  |  |  |  |  |  |  |
| **25/09/2018** |  |  |  |  |  |  |  |  |
| **26/09/2018** |  |  |  |  |  |  |  |  |
| **27/09/2018** |  |  |  |  |  |  |  |  |
| **28/09/2018** |  |  |  |  |  |  |  |  |
| **29/09/2018** |  |  |  |  |  |  |  |  |
| **30/09/2018** |  |  |  |  |  |  |  |  |

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

1. **Easing In Option**

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

1. **Set your own Challenge**

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**Good Luck!**

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

#SugarSmartSeptember