

Challenge Chart































































































We all know that too much sugar is bad for us, but going totally sugar-free isn't always easy.

So this September, we're encouraging everyone to cut, not quit, their sugar intake for a whole month.

Use this chart to help track your progress and see overleaf for some tasty sugar swap inspiration. Why not get the whole family involved too.

Good luck.

	Week 1	Week 2	Week 3	Week 4
	 	 	 	 
Monday	  	  	  	  
Tuesday	  	  	  	  
Wednesday	  	  	  	  
Thursday	  	  	  	  
Friday	  	  	  	  
Saturday	  	  	  	  
Sunday	  	  	  	  

How did you do?

