“No Sugar Challenge” Tracker

Use the tracker below and place a check if you have the item and an x by the end of the day if you didn’t have the item. Discuss your results with family, friends, class, or teacher.

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| MondayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | TuesdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | WednesdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | ThursdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | FridayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) |

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| SaturdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | SundayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | MondayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | TuesdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) | WednesdayDessert\_\_\_\_\_\_SW. Drinks\_\_\_Candy\_\_\_\_\_\_\_Flavored Milk\_\_\_Flavored Yogurt\_\_\_\_Coffee w/sugar\_\_\_\_Gum\_\_\_\_ (sugarless ok) |

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