“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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| Monday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Tuesday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Wednesday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Thursday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Friday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) |

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| Saturday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Sunday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Monday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Tuesday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) | Wednesday  Dessert\_\_\_\_\_\_  SW. Drinks\_\_\_  Candy\_\_\_\_\_\_\_  Flavored Milk\_\_\_  Flavored Yogurt\_\_\_\_  Coffee w/sugar\_\_\_\_  Gum\_\_\_\_ (sugarless ok) |

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