

SUGAR REDUCTION PROGRESS

Weekly Tracking & Mindfulness Log

Week Starting: _____

Daily Goal (grams): _____

DAY	TARGET (G)	ACTUAL (G)	ENERGY LEVEL / CRAVINGS
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEKLY SUCCESSES

AREAS FOR IMPROVEMENT

"Progress over perfection. Every small choice counts."