**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 office workers who are tempted daily by office treats!

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| **Name** |  |  |  |  |  |  |  |  |
| **Option** |  |  |  |  |  |  |  |  |
| **Day 1** |  |  |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |  |  |  |
| **Day 6** |  |  |  |  |  |  |  |  |
| **Day 7** |  |  |  |  |  |  |  |  |
| **Day 8** |  |  |  |  |  |  |  |  |
| **Day 9** |  |  |  |  |  |  |  |  |
| **Day 10** |  |  |  |  |  |  |  |  |
| **Day 11** |  |  |  |  |  |  |  |  |
| **Day 12** |  |  |  |  |  |  |  |  |
| **Day 13** |  |  |  |  |  |  |  |  |
| **Day 14** |  |  |  |  |  |  |  |  |
| **Day 15** |  |  |  |  |  |  |  |  |
| **Day 16** |  |  |  |  |  |  |  |  |
| **Day 17** |  |  |  |  |  |  |  |  |
| **Day 18** |  |  |  |  |  |  |  |  |
| **Day 19** |  |  |  |  |  |  |  |  |
| **Day 20** |  |  |  |  |  |  |  |  |
| **Day 21** |  |  |  |  |  |  |  |  |
| **Day 22** |  |  |  |  |  |  |  |  |
| **Day 23** |  |  |  |  |  |  |  |  |
| **Day 24** |  |  |  |  |  |  |  |  |
| **Day 25** |  |  |  |  |  |  |  |  |
| **Day 26** |  |  |  |  |  |  |  |  |
| **Day 27** |  |  |  |  |  |  |  |  |
| **Day 28** |  |  |  |  |  |  |  |  |

Download this chart to log progress amongst colleagues, friends or family over the 4 weeks. All you have to do is tick next to dates when you have successfully avoided added sugar!