

SUGAR INTAKE TRACKER

Week of: \_\_\_\_\_

Goal: \_\_\_ grams or less

Days Goal was Met: \_\_\_/7

% Goal was Met: \_\_\_%

Tuesday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Monday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Wednesday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Thursday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Friday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Saturday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

Sunday Daily Total: \_\_\_g  
Food || Servings || Total Sugar

