



# 21 Day Sugar Savvy Challenge

## Personal Success Tracker

Select your goal and write it here:

Goal: \_\_\_\_\_

Check off each day that you complete the goal. Use the extra space in the box to write notes about what worked well, what didn't, or other details such as the number of teaspoons of added sugar.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Sugar basics:

1 teaspoon = 4 grams of sugar

Daily Recommended Limits for Added Sugar:

- Men: 9 teaspoons / 36 grams of sugar
- Women: 6 teaspoons / 24 grams of sugar

### Resources:

- Fooducate App (free for iPhone and Android)
- Sugarscience.org (UCSF)
- Many more on our webpage!  
[uhs.berkeley.edu/facstaff/healthmatters/sugarchallenge](https://uhs.berkeley.edu/facstaff/healthmatters/sugarchallenge)

