



# SUGAR SHAKE-UP CHALLENGE

## WEEK 5: SUGAR'S BEST FRIEND: CELEBRATIONS

Cakes, pies, cookies, and brownies seem like an obvious addition to any type of celebration or special occasion, whether it's a birthday party or simply Friday. But what happens when the celebrations happen all the time? Sweet celebration foods can leave you feeling sluggish, and don't feel very special if they're a part of every day!

**Tip:** Instead of having birthday cake at work each time someone has a birthday, consider picking one day during the month that you celebrate all birthdays for that month. Bonus points if you also serve fruit as a better-for-you option!

### This week's challenge:

Track the sweet celebration foods you're eating.

Week 5	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*What desserts are you eating?</b>	<ul style="list-style-type: none"> <li>• Cake at staff meeting</li> <li>• Ice cream with the kids</li> </ul>							
<b>What do you eat that tastes sweet?</b>	<b>Breakfast:</b> banana, donut	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>
	<b>Lunch:</b> flavored yogurt, cookie	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>
	<b>Dinner:</b> apple	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>
	<b>Snacks:</b> granola bar, 2 mini candy bars	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>

\*This is the focus for the week, so make sure you track this. All other rows are optional.