Week: 6

HealthPartners®

yum power

SUGAR SHAKE-UP CHALLENGE

WEEK 6: YOUR SUGAR SHAKE-UP CHALLENGE

To complete the Sugar Shake-up, the goal of the Challenge is to try to avoid or reduce added sugars in your food and beverages – for a full week!

Your challenge:

- Keep track of successes and challenges as you go.
- If you'd like, keep tracking the food and beverages you're eating that taste sweet.
- Answer the following questions as you start:
  - What do you want to accomplish during these seven days?
  - How will you feel when you are successful?
  - How will you deal with challenging situations?

Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday	Day 7 Sunday
Successes:	Successes:	Successes:	Successes:	Successes:	Successes:	Successes:
Challenges:	Challenges:	Challenges:	Challenges:	Challenges:	Challenges:	Challenges:
Food Log						
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner: