

# SUGAR TRACKER

**WEEK: 4 DAY: 22**

## MAKE YOUR PLAN FOR THE WEEK

Look over your Tracker from week 3. For week 4, the goal is to reduce your sugar intake by 1/3 and eliminate all sugary beverages. To know what you are targeting, fill in the following statement:

**WEEK 3: MY TOTAL SUGAR INTAKE =  . WEEK 4: I AM TARGETING MY TOTAL SUGAR INTAKE =  .**

You want to also watch and make sure you are not replacing real sugars for fake sugars in your diet. Turning to artificial sweeteners may seem like the go-to move when cutting back on the real stuff, don't be fooled! Splenda, Sweet n' Low, diet soda and sugar-free candy are not any better than the real deal. So make sure you are not switching one bad habit for another.

As a reminder, take the time today to make a plan for the rest of the week to support the 1/3 a day reduction. You want to set yourself up for success, and a good plan will get you on the right path to do just that. You might find this week the hardest of all and I want to recognize that. I have full confidence in you! Fight the good fight and slay that sugar dragon!

### SLAY THE DRAGON

You by now, know the drill. Take out your Sugar Tracker from week 3. Look over your Tracker and make a plan to reduce your total sugars by 1/3 each day. You will need to include in your plan this week — **eliminate all sugary beverages** (if you are still consuming any).

**GOAL**  
**REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.**



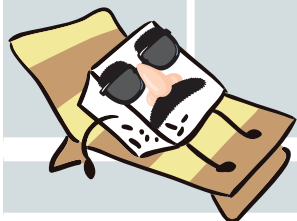
#### IDEAS/OPTIONS TO ACHIEVE 1/3 SUGAR INTAKE REDUCTION GOAL & ELIMINATE ALL SUGARY BEVERAGES

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**



# SUGAR TRACKER

**WEEK: 4 DAY: 22**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

WEEK: 4

DAY: 22

OVERALL TOTAL:

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon.  
 Go at it with confidence!

**GOAL**  
**REDUCE YOUR SUGAR INTAKE**  
 again by 1/3 and eliminate all sugary beverages.




**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose	Refiner's syrup
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
Carob syrup	Fruit juice	Mannose	Turbinado sugar
Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 23**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
 REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.




WEEK: 4 DAY: 23 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Syrup
Cane sugar	Free-flowing brown sugars	Maltol	Treacle
Caramel	Fructose	Maltose	Turbinado sugar
Carob syrup	Fruit juice	Mannose	Yellow sugar
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 24**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
 REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.




WEEK: 4 DAY: 24 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Syrup
Cane sugar	Free-flowing brown sugars	Maltol	Treacle
Caramel	Fructose	Maltose	Turbinado sugar
Carob syrup	Fruit juice	Mannose	Yellow sugar
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 25**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
**REDUCE YOUR SUGAR INTAKE** again by 1/3 and eliminate all sugary beverages.



WEEK: 4 DAY: 25 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 26**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
 REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.




WEEK: 4 DAY: 26 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Syrup
Cane sugar	Free-flowing brown sugars	Maltol	Treacle
Caramel	Fructose	Maltose	Turbinado sugar
Carob syrup	Fruit juice	Mannose	Yellow sugar
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 27**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
 REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.




WEEK: 4 DAY: 27 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

**WEEK: 4 DAY: 28**

## TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your beverage substitutions for each meal!

	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

\* Remember to also include any alcoholic beverages you consume that day.

Only points entered and submitted online at [hdhealthchallenge.com](http://hdhealthchallenge.com) will be counted toward your points total. Points can only be entered for the current & prior week during the Challenge.

**SLAY THE DRAGON**  
 You now have the tools you need to slay that sugar dragon. Go at it with confidence!

**GOAL**  
 REDUCE YOUR SUGAR INTAKE again by 1/3 and eliminate all sugary beverages.




WEEK: 4 DAY: 28 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Syrup
Cane sugar	Free-flowing brown sugars	Maltol	Treacle
Caramel	Fructose	Maltose	Turbinado sugar
Carob syrup	Fruit juice	Mannose	Yellow sugar
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	


**4 GRAMS OF SUGAR = 1 TEASPOON**

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.  
 Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons




**ONE SUGAR CUBE**

OR



**ONE PACKET**

=



**ONE TEASPOON**

As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*