|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SUGAR MAMAS Sweet Tracker** | | | **Week Starting: \_\_\_\_\_\_\_\_\_\_** | | |
| Use this little log to help us understand and find any patterns when we eat sweets and artificially sweet things. No judgment – this is just for you! The key to making this a useful tool is to be open and honest about it and try to log every morning or every night for the time we’re doing Sugar Mamas. We’re looking for patterns. | | | | | |
| Monday | | | | | |
| **Time** | **Sweets/sweet flavors I ate or drank** | **How were you feeling before you ate it?** | | **Situation (at a party, habit, special occasion)** | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| Tuesday | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| Wednesday | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| Thursday | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| Friday | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| Saturday | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| **Sunday** | | | | | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
|  |  |  | |  | |
| What did I learn about myself? Patterns or causes that I’m seeing as I track this week? Anything specific I’m eating? | | | | | |
|  | | | | | |
| How is your inflammation and lipedema pain this week? 1-10 : ) 1 2 3 4 5 6 7 8 9 10 ; (  Did you have any flares? Do they correlate to any sugar-eating day? | | | | | A picture containing font, text, graphics, design  Description automatically generated |