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| **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)** |
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| **Sunday** |
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| What did I learn about myself? Patterns or causes that I’m seeing as I track this week? Anything specific I’m eating? |
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| 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 |