

# 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?

