

SUGAR CHALLENGE JOURNAL

By tracking your meals, your moods, your sleep, your water intake and your bowel movements, you are telling your body that you are committed to your health. You are demonstrating self-care and self-love. Well done. This will really help you as we continue on The Challenge.

1. Enter the date and log the number of hours of sleep you got the night before.
2. Stroke off a water glass every time you drink 8 ounces of water.
3. Enter your menu item and track your mood 20 minutes later.
4. Describe each of your daily bowel movements (Time of day, colour, consistency, shape, size, smell).

DATE: _____

SLEEP LOG (Hours) _____

WATER INTAKE



	MENU ITEM	MOOD CHECK
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Other		

POOP CHECK:
