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| **Name** |  |  |  |  |  |  |  |  |
| **Option** |  |  |  |  |  |  |  |  |
| **01/09/2018** |   |   |   |   |   |   |   |   |
| **02/09/2018** |   |   |   |   |   |   |   |   |
| **03/09/2018** |   |   |   |   |   |   |   |   |
| **04/09/2018** |   |   |   |   |   |   |   |   |
| **05/09/2018** |   |   |   |   |   |   |   |   |
| **06/09/2018** |   |   |   |   |   |   |   |   |
| **07/09/2018** |   |   |   |   |   |   |   |   |
| **08/09/2018** |   |   |   |   |   |   |   |   |
| **09/09/2018** |   |   |   |   |   |   |   |   |
| **10/09/2018** |   |   |   |   |   |   |   |   |
| **11/09/2018** |   |   |   |   |   |   |   |   |
| **12/09/2018** |   |   |   |   |   |   |   |   |
| **13/09/2018** |   |   |   |   |   |   |   |   |
| **14/09/2018** |   |   |   |   |   |   |   |   |
| **15/09/2018** |   |   |   |   |   |   |   |   |
| **16/09/2018** |   |   |   |   |   |   |   |   |
| **17/09/2018** |   |   |   |   |   |   |   |   |
| **18/09/2018** |   |   |   |   |   |   |   |   |
| **19/09/2018** |   |   |   |   |   |   |   |   |
| **20/09/2018** |   |   |   |   |   |   |   |   |
| **21/09/2018** |   |   |   |   |   |   |   |   |
| **22/09/2018** |   |   |   |   |   |   |   |   |
| **23/09/2018** |   |   |   |   |   |   |   |   |
| **24/09/2018** |   |   |   |   |   |   |   |   |
| **25/09/2018** |   |   |   |   |   |   |   |   |
| **26/09/2018** |   |   |   |   |   |   |   |   |
| **27/09/2018** |   |   |   |   |   |   |   |   |
| **28/09/2018** |   |   |   |   |   |   |   |   |
| **29/09/2018** |   |   |   |   |   |   |   |   |
| **30/09/2018** |   |   |   |   |   |   |   |   |

Use this chart to help track your progress with family, friends or colleagues.Pop in the names of those taking part and add in the SUGAR SMART September option number that each person is undertaking:1. Super Seven Option
2. Healthy Balance Option
3. Easing In Option

or1. No Spoons Option

Track your progress by 🗹 or 🗷 against each day in September! |  |