

# SUGAR SMART

OXFORDSHIRE

I AM GOING TO BE SUGAR SMART FOR ONE WEEK!  
This means not having any sugary drinks (including squash and juice drinks).  
One glass of pure fruit juice or smoothie per day is OK.

Record of drinks for the week:

| Saturday           | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------|--------|---------|-----------|----------|--------|
| e.g. glass of milk |        |        |         |           |          |        |
|                    |        |        |         |           |          |        |
|                    |        |        |         |           |          |        |
|                    |        |        |         |           |          |        |
|                    |        |        |         |           |          |        |

Confirmed by my parent/guardian: \_\_\_\_\_