



LIVER EDUCATION ADVOCATES

21-Day Added Sugar Challenge Tracker

This tracker helps you monitor added sugar intake each day, stay within general public-health recommendations, and reflect on how reducing added sugar affects your energy, cravings, and overall well-being.

Daily Guidelines

- Women & Children: Aim for no more than **24 grams** of added sugar per day.
- Men: Aim for no more than **36 grams** of added sugar per day.

These limits apply to **added sugars**, not the natural sugars found in whole fruits, vegetables, and plain dairy.

21-Day Tracking Chart

Record your added sugar intake each day. Use food labels to identify added sugars. If a food does not list added sugar, look for ingredients such as cane sugar, corn syrup, honey, agave, maltodextrin, or fruit juice concentrate.

Day	Added Sugar (grams)	Foods/Drinks Contributing Sugar	Notes on Energy, Mood, Cravings
1			
2			

3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			

Weekly Reflection

Use these prompts at the end of each week to reflect on your experience.

Week 1

- How was your energy this week?

- Did you notice any changes in cravings?
- What foods surprised you with their added sugar content?

Week 2

- Are you finding it easier to stay within the recommended limits?
- Have you discovered any new swaps or habits that help?
- How is your mood, sleep, or digestion?

Week 3

- What changes have you noticed in your overall well-being?
- Which habits do you want to continue after the challenge?
- How confident do you feel about identifying added sugars?

Treats and Flexibility

You can still enjoy the treats you love just make them **special exceptions** rather than everyday habits. The goal of this challenge is awareness, not perfection.

Optional: Glucose Check-In

If you monitor glucose levels, you may choose to observe how they change during the challenge. A healthcare professional can help interpret your readings.

Final Thoughts

Reducing added sugar can help support liver and metabolic health, stabilize energy, and reduce cravings. Use this tracker to build awareness and create habits that support your long-term well-being.