

SIGMAR ZERO SUGAR BEVERAGE PLEDGE - AUGUST TRACKING SHEET

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MON	TUES	WED	THURS	FRI	SAT	SUN
			2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Simply place a tick for every day you make the choice to not consume any sugary beverages. This means avoiding full sugar soft drinks, all store bought fruit juices and smoothies, and mixers such as regular tonic water).