



5-Day Sugar Awareness Challenge

Discover the truth about your daily sugar habits — and how they shape your energy, mood, and focus.


How to Use This Challenge

1. **Track everything you eat and drink** for five days — without changing your habits.
2. Record sugar content from labels (in grams and teaspoons — **1 tsp = 4 g**).
3. If the product has no label, use the **Sugar Reference Table**.
4. Observe how sugar intake affects your energy, focus, and mood.
5. After five days, total your sugar intake and compare it on the **Sugar Scale**.
6. **No judgment — just awareness.**
Knowledge is your power.

Quick Reference: Average Sugar Content

Cola (355 ml / 12 oz)	39 g / 9.75 tsp
Energy drink	54 g / ≈ 13 tsp
"Flavored latte"	40 g / ≈ 10 tsp
Orange juice (250 ml / 8 oz).	21 g / 5 tsp
Fruit smoothie (500 ml / 16 oz)	45–60 g / 11–15 tsp

Banana (1 medium)	12 g / 3 tsp
Apple (1 medium)	19 g / 4.75 tsp
Honey (1 tbsp / 21 g)	17 g / 4 tsp
Protein bar (avg.)	10–22 g / 2.5–5.5 tsp
Sweetened yogurt (150 g/5 oz)	18 g/ 4.5 tsp
Granola (½ cup / 50 g)	12 g / 3 tsp
Ketchup (1 tbsp)	4 g / 1 tsp
White bread (1 slice, ~30 g)	1.5 g / 0.4 tsp
Bread roll (1 medium, ~60 g)	3 g / 0.75 tsp
Donut (1 medium, glazed)	23–26 g / 6–6.5 tsp
Brownie (1 piece, ~60 g)	25–30 g / 6–7.5 tsp
Cheesecake (1 slice, ~120 g)	18–25 g / 4.5–6 tsp

 *Desserts vary by recipe — use these as mid-range estimates.*

Salad dressings:	5–12 g / 1-3tsp
Breaded meats:	3–6 g / 1-1.5 tsp
Coleslaw, baked beans, tomato soup:	10–20 g / 2.5-5tsp



5-Day Sugar Awareness Challenge

Day: _____

Meal / Time	What I Ate and Drank	a) Sugar from Label (g/tsp)	b) Approx. Sugar - Quick Reference (Total g/tsp)	Total Sugar Mixed Meal a) + b) = or a) or b)	Mood / Energy / Cravings / Notes
Breakfast ____					
Mid-Morning Snack ____					
Lunch ____					
Afternoon Snack ____					
Dinner ____					
Evening/Post-Dinner Snack ____					
Drinks (Everything that is not PURE WATER)					
TOTAL for Day 1					
Well-Being Check-In					



5-Day Sugar Awareness Challenge

Day: _____

Meal / Time	What I Ate and Drank	a) Sugar from Label (g/tsp)	b) Approx. Sugar - Quick Reference (Total g/tsp)	Total Sugar Mixed Meal a) + b) = or a) or b)	Mood / Energy / Cravings / Notes
Breakfast ____					
Mid-Morning Snack ____					
Lunch ____					
Afternoon Snack ____					
Dinner ____					
Evening/Post-Dinner Snack ____					
Drinks (Everything that is not PURE WATER)					
TOTAL for Day 2					
Well-Being Check-In					



5-Day Sugar Awareness Challenge

Day: _____

Meal / Time	What I Ate and Drank	a) Sugar from Label (g/tsp)	b) Approx. Sugar - Quick Reference (Total g/tsp)	Total Sugar Mixed Meal a) + b) = or a) or b)	Mood / Energy / Cravings / Notes
Breakfast ____					
Mid-Morning Snack ____					
Lunch ____					
Afternoon Snack ____					
Dinner ____					
Evening/Post-Dinner Snack ____					
Drinks (Everything that is not PURE WATER)					
TOTAL for Day 3					
Well-Being Check-In					



5-Day Sugar Awareness Challenge

Day: _____

Meal / Time	What I Ate and Drank	a) Sugar from Label (g/tsp)	b) Approx. Sugar - Quick Reference (Total g/tsp)	Total Sugar Mixed Meal a) + b) = or a) or b)	Mood / Energy / Cravings / Notes
Breakfast ____					
Mid-Morning Snack ____					
Lunch ____					
Afternoon Snack ____					
Dinner ____					
Evening/Post-Dinner Snack ____					
Drinks (Everything that is not PURE WATER)					
TOTAL for Day 4					
Well-Being Check-In					



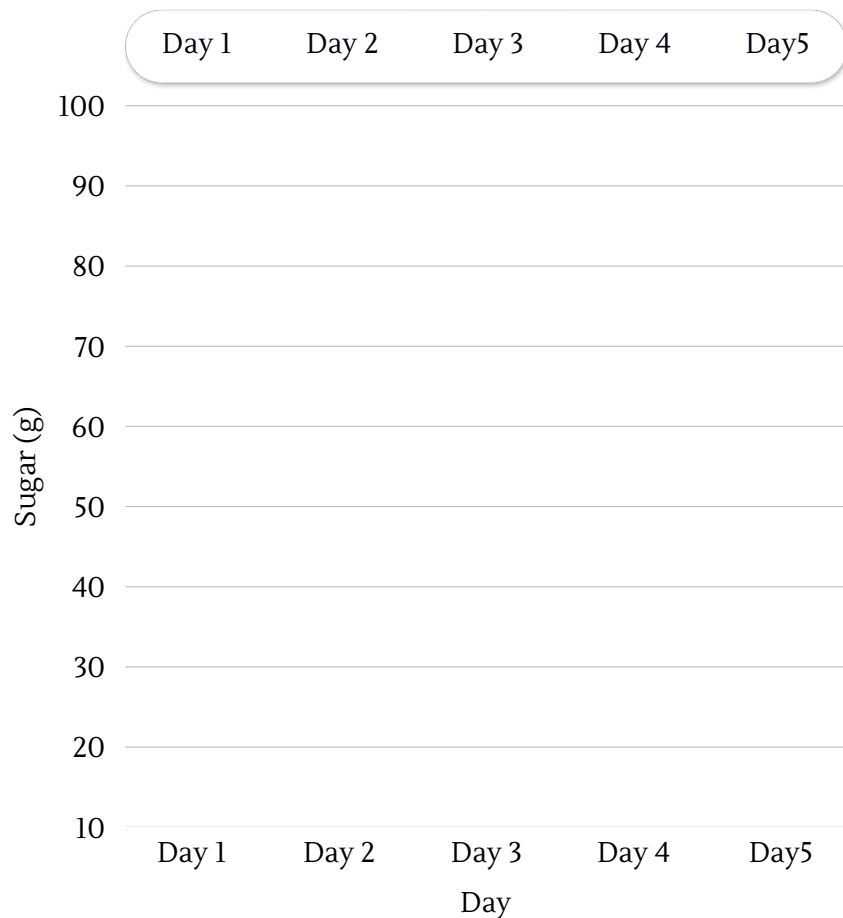
5-Day Sugar Awareness Challenge

Day: _____

Meal / Time	What I Ate and Drank	a) Sugar from Label (g/tsp)	b) Approx. Sugar - Quick Reference (Total g/tsp)	Total Sugar Mixed Meal a) + b) = or a) or b)	Mood / Energy / Cravings / Notes
Breakfast ____					
Mid-Morning Snack ____					
Lunch ____					
Afternoon Snack ____					
Dinner ____					
Evening/Post-Dinner Snack ____					
Drinks (Everything that is not PURE WATER)					
TOTAL for Day 5					
Well-Being Check-In					

Visual Feedback Options

Option A - Sugar Scale



Zone	Daily Sugar Intake	Meaning
Balanced Awareness	< 30 g / < 7.5 tsp	Your body runs steady. Energy and mood stay balanced.
Moderate Risk Zone	30 - 60 g / 7.5 - 15 tsp	Watch your Healthy sugars and hidden drinks. Small swaps bring big wins.
Sugar Overload	> 60g / > 15 tsp	Likely sugar spikes, crashes, and inflammation. Time to rebalance!

Option B - Sugar Jar

Each Teaspoon =
one sugar cube =
4g

After calculating
your 5-day total,
fill your jar with
the calculated
amount of sugar.

