

Sugar Intake for February

Date	Kind of Pop & How Much & Teaspoons of Sugar	Total Teaspoons/Day
1		
2		
3		
4		
5		
6		
7		
8		
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10		
11		
12		
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14		
15		
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17		
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21		
22		
23		
24		
25		
26		
27		
28		
	Add up total teaspoons of sugar for the month ---->	