



Beverage Tracking Form

Name: _____ Date: _____

Directions:

1. Circle the day of the week and list all the beverages, and amounts, that you consume each day.
2. As you drink each beverage, read the Nutrition Facts label and calculate the total amount of sugar you drink per beverage.
3. Then, total the amount of sugar you drink each day.
4. Continue tracking your beverage consumption over three days.
5. Bring your completed form to class for discussion.

DAYS OF THE WEEK (include one weekend day)	BEVERAGE FACTS (use Nutrition Facts label)	TOTAL GRAMS OF SUGAR / DAY (# serving(s) consumed x # g of sugar per serving)
Day One (please circle): M T W Th F Sat Sun	Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed	g Sugar: ____ + g Sugar: ____ + g Sugar: ____ = Total grams of sugar for Day One: ____
Day Two (please circle): M T W Th F Sat Sun	Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed	g Sugar: ____ + g Sugar: ____ + g Sugar: ____ = Total grams of sugar for Day Two: ____
Day Three (please circle): M T W Th F Sat Sun	Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed Beverage Name: ____ g of sugar per serving X ____ # servings consumed	g Sugar: ____ + g Sugar: ____ + g Sugar: ____ = Total grams of sugar for Day Three: ____
Total grams of sugar from beverages (for 3 days) ____		

