

# SUGARY DRINKS AND TREATS DIARY



Your child's name:

Sugary drinks:  
Treats:



MONDAY

Comments: With whom? What? When? Why?

Sugary drinks:  
Treats:

TUESDAY

Comments: With whom? What? When? Why?

Sugary drinks:  
Treats:

WEDNESDAY

Comments: With whom? What? When? Why?

Sugary drinks:  
Treats:

THURSDAY

Comments: With whom? What? When? Why?

**SUGARY DRINKS AND TREAT FOODS SHOULD BE EATEN IN SMALL AMOUNTS AND NOT EVERY DAY.**

Sugary drinks:  
Treats:

FRIDAY

Comments: With whom? What? When? Why?

Sugary drinks:  
Treats:

SATURDAY

Comments: With whom? What? When? Why?

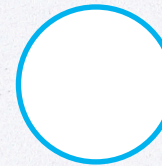
Sugary drinks:  
Treats:

SUNDAY

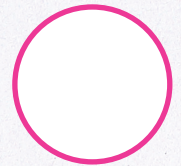
Comments: With whom? What? When? Why?



Total number of sugary drinks



Total number of treats



## WHAT DO YOU THINK?



I am happy with the amount.....had



I think we need to cut down

**ONE DAILY WIN CAN START YOUR KIDS ON THE WAY TO A HEALTHIER LIFE. FOR MORE WAYS TO START VISIT [MAKEASTART.IE](http://MAKEASTART.IE) OR [MAKEASTART.ORG](http://MAKEASTART.ORG)**



Public Health Agency