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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** |  |  |  |  |  |  |  |  |
| 01/02/2020 |  |  |  |  |  |  |  |  |
| 02/02/2020 |  |  |  |  |  |  |  |  |
| 03/02/2020 |  |  |  |  |  |  |  |  |
| 04/02/2020 |  |  |  |  |  |  |  |  |
| 05/02/2020 |  |  |  |  |  |  |  |  |
| 06/02/2020 |  |  |  |  |  |  |  |  |
| 07/02/2020 |  |  |  |  |  |  |  |  |
| 08/02/2020 |  |  |  |  |  |  |  |  |
| 09/02/2020 |  |  |  |  |  |  |  |  |
| 10/02/2020 |  |  |  |  |  |  |  |  |
| 11/02/2020 |  |  |  |  |  |  |  |  |
| 12/02/2020 |  |  |  |  |  |  |  |  |
| 13/02/2020 |  |  |  |  |  |  |  |  |
| 14/02/2020 |  |  |  |  |  |  |  |  |
| 15/02/2020 |  |  |  |  |  |  |  |  |
| 16/02/2020 |  |  |  |  |  |  |  |  |
| 17/02/2020 |  |  |  |  |  |  |  |  |
| 18/02/2020 |  |  |  |  |  |  |  |  |
| 19/02/2020 |  |  |  |  |  |  |  |  |
| 20/02/2020 |  |  |  |  |  |  |  |  |
| 21/02/2020 |  |  |  |  |  |  |  |  |
| 22/02/2020 |  |  |  |  |  |  |  |  |
| 23/02/2020 |  |  |  |  |  |  |  |  |
| 24/02/2020 |  |  |  |  |  |  |  |  |
| 25/02/2020 |  |  |  |  |  |  |  |  |
| 26/02/2020 |  |  |  |  |  |  |  |  |
| 27/02/2020 |  |  |  |  |  |  |  |  |
| 28/02/2020 |  |  |  |  |  |  |  |  |
| 29/02/2020 |  |  |  |  |  |  |  |  |

Use this chart to log progress in Fizz Free February amongst colleagues, friends or family.

Tick next to dates when you have successfully avoided fizzy drinks.

**Good Luck!**

Let us know how you get on via social media @sugarsmartuk

#GoFizzFree  
#FizzFreeBarnet

