No-Sugar Challenge

Thirty days without added sugar. Cross off each day you make it.

30
DAYS

I am doing this because _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Where sugar hides

- ☐ Soda, juice & energy drinks
- ☐ Flavored yogurt
- ☐ Granola, cereal & bars
- ☐ Ketchup, sauces & dressings
- ☐ Flavored coffee drinks

Reach for instead

- ☐ Fresh fruit
- ☐ A handful of nuts
- ☐ Plain yogurt with berries
- ☐ Sparkling water with lemon

My own rules

- ☐ _____
- ☐ _____
- ☐ _____

What I notice

_____

_____

_____

_____