

MAY

30 Day "Eat Less Sugar" Challenge!

MONTHLY GOALS

- 1 Add in healthy fruits and vegetables at every meal.
- 2 Stay hydrated.
- 3 Nourish mind and body with healthy, whole food and daily physical activity.
- 4 Deconstruct sugar cravings when they occur - ask "why am I experiencing this craving?"
- 5 Read your labels! Keep added sugar intake to a minimum (no more than 25 grams, or 6 tsp, of added sugar per day).
- 6 Keep a positive mindset and aim for better, not perfection!

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SUN	MON	TUE	WED	THU	FRI	SAT
		1 Drink 1 glass of water before and after every meal.	2 Drink 1 glass of water before and after every meal.	3 Drink 1 glass of water before and after every meal.	4 Drink 1 glass of water before and after every meal.	5 Drink 1 glass of water before and after every meal.
6 Drink 1 glass of water before and after every meal.	7 Eat only real, whole foods (think one ingredient)	8 Eat only real, whole foods (think one ingredient)	9 Eat only real, whole foods (think one ingredient)	10 Eat only real, whole foods (think one ingredient)	11 Eat real, whole foods & only zero calorie drinks.	12 Eat real, whole foods & only zero calorie drinks.
13 Eat real, whole foods & only zero calorie drinks.	14 Record everything that you're eating	15 Record everything that you're eating	16 Record everything that you're eating	17 Record everything that you're eating	18 Record everything that you're eating	19 Record everything that you're eating
20 Record everything that you're eating	21 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	22 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	23 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	24 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	25 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	26 "Crowd out" cravings. Fill up 1/2 your plate with veggies.
27 "Crowd out" cravings. Fill up 1/2 your plate with veggies.	28 Aim for no added sugar - only 3 days to go!	29 Aim for no added sugar - only 3 days to go!	30 Aim for no added sugar - only 3 days to go!	31 <i>Congrats! You did it!</i> 		