

Welcome to the 6-Week Sugar Challenge!

The goal of this Challenge is education and awareness that then inspires us into action. We all know that too much sugar is bad for our health and makes us fat, but we eat it anyway. At different times we decide we are going to cut it out of our diet, and we are able to do so for a time, but inevitably, it creeps back in.

Throughout the next 6 weeks, you will be learning:

- Where sugar is creeping into your diet
- The good role that sugar plays
- How and why it becomes bad
- The various reasons we crave sugar and what you can do to eliminate each one of those causes to prevent the craving from happening.

Being aware of the reasons why you crave sugar and then taking a methodical approach to address your sugar cravings, makes it possible to get yourself to a place where you rarely crave it. And at those times when you do crave it, you will know why you are craving, and consequently, what you need to do to get rid of your cravings again.

THIS WEEK'S TASK - JOURNAL

Your task this week is simply to journal what you are currently eating so at the end of the week you can evaluate how much sugar you are consuming and from what sources.

Attached is a blank food journal as well as a sample journal. The sample is not suggesting what you should be eating. It is simply intended to show you how to record your daily food intake. Be as specific as possible with recording the amounts in order to get the most out of this process. You will likely need to measure. This first week will require a little more time; however, the more you put into it, the more you will know about what you are eating and the more accurate your conclusions will be when you start to analyze your diet. If you empty any containers, please save them until the end of the week as you will need them to do your analysis.

If you have any questions, please let me know. Otherwise, happy journaling! 😊

SUGAR CHALLENGE

Date: Monday, January 25, 2016

Time you woke up: 6:30 a.m. How many hours sleep? 7 hr Bed Time: 10:30 p.m. Do you feel rested? Yes / **No**

TIME	AMOUNT	DESCRIPTION OF MEAL
7:00 a.m.	1	Coffee – with 1 splenda and 1 milk
7:30 a.m.	1 slice	Dempster's Bread
	1 tsp	Butter
	2	Whole eggs
	1	banana
10:00 a.m.	1 small (125g)	Activia yogurt - strawberry
12:30 p.m.	2 cups	Salad – romaine lettuce, tomatoes, cucumber, celery, peppers, mushrooms
	2 tbsp	Kraft Italian Dressing - light
	4 oz	Chicken breast
3:30 p.m.	1 – 8 oz	Coffee – with 1 sugar and 1 milk
6:30 p.m.	1 – 5 oz	Glass red wine
7:00 p.m.	3 oz	beef
	1 cup	Veggies – peas, carrots and corn, frozen
	½ cup	White rice
9:00 p.m.	2 cups	Popcorn – Orville Redenbacher microwave

Water Consumption: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 (Circle how many cups you drink.)

Caffeinated Drinks: (coffee, tea, pop, hot chocolate, ice caps, etc.)

Type of drink: Coffee **How many?** 2 **Type of drink:** _____ **How many?** _____

Alcoholic Beverages: **Type of drink(s):** wine **How many?** 1 – 5 oz

