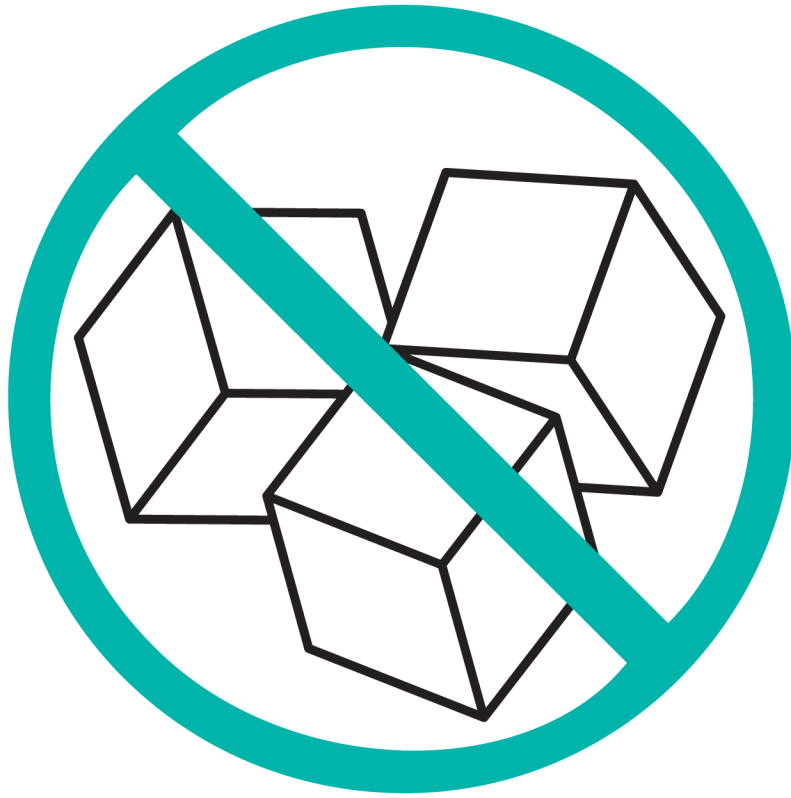




The 90 Day
Quit
Added Sugar
Challenge

Welcome to The 90-Day Quit Added Sugar Challenge!

Congratulations on taking the first step toward a **healthier, more energized** version of yourself! Over the next 90 days, you'll be eliminating added sugars, retraining your taste buds, and **building sustainable habits** for long-term health.

WHY NOT QUIT ALL SUGAR?

There are many different types of sugar. Our bodies are fueled by a type of sugar called glucose. For most people, the healthiest way to get this glucose is by eating foods rich in carbohydrates, which our bodies process into glucose. Glucose is carried around in the blood to fuel cells.

Most foods with natural sugars have vitamins, minerals, and/or fiber, all of which your body needs. They also have a smaller amount of sugar per portion meaning you feel more full, for longer, with less sugar in your food.

Many foods with added sugar have few vitamins, minerals, and/or fiber. This means you get less nutrition and more sugar. Over time, by eating added sugars, you get way too much sugar, with way too little nutrition.

This is why you'll only be cutting out added sugar.

To consume the same amount of sugar that you'd eat in one chocolate chip cookie, you would need to eat 17 large strawberries.



One Chocolate Chip Cookie
4 inches across (45g)

- Sugar 15g
- Fiber 0.9g
- Fat 11g
- Calories 221
- Iron 0%
- Vitamin C 0%



17 Large Strawberries
1 1/2 cups, 10.5 oz or 300g

- Sugar 15g
- Fiber 6.1g
- Fat 0.9g
- Calories 99
- Iron 6%
- Vitamin C 291%

Welcome to **The 90-Day Quit** *Added Sugar* **Challenge!**

WHY QUIT ADDED SUGAR?

Reducing added sugar can have a powerful impact on your body and mind. Some of the benefits include:

- ✓ **More Energy** – Say goodbye to sugar crashes.
- ✓ **Fewer Cravings** – Break the addiction cycle.
- ✓ **Better Mood & Focus** – Reduce brain fog.
- ✓ **Healthier Skin** – Less inflammation and breakouts.
- ✓ **Balanced Blood Sugar** – Lower risk of diabetes and heart disease.

WHAT TO EXPECT WHEN YOU FIRST QUIT ADDED SUGAR

The first week can be tough as your body adjusts, but stick with it!

- **Days 1-7:** Fatigue, cravings, irritability.
- **Days 8-30:** Taste buds change, more energy, fewer cravings.
- **Days 31-90:** Improved mood, focus, and long-term sugar freedom!

WAYS TO TACKLE SUGAR CRAVINGS

- **Chew some gum** - The sugary taste can take the edge of those cravings!
- **Eat some fruit** - Reaching for a piece of fruit can quash your craving and give you a nutritional boost.
- **Distract Yourself**- If the no-added-sugar food options you have at hand don't appeal to you, try organizing your closet, tidying out your cupboards, or some other activity to take your mind off it.
- **Work it off** - Exercise can help you stop thinking about sugar AND make you feel healthier.

Welcome to **The 90-Day Quit** *Added Sugar* **Challenge!**

PLANNING

Each evening, plan what you will eat the next day and write it down on a daily log. Alternatively, if you find it easier, fill in a week, two weeks, a month or more at a time.

Next, look at your plan(s) and write (and use!) a shopping list. You are more likely to stick to your plan if you have all of the ingredients for a planned meal at hand. When you discover something is missing, it is easier to slip backward and eat something you hadn't planned to.

TOP TIPS

- ✓ **Eat Before Shopping** – Shopping on a full or partially full stomach helps to reduce the chance of impulse buying.
- ✓ **Read the Labels** – A surprising number of foods have added sugar, even savory items. Check the nutritional facts on your food to discover hidden sugars.
- ✓ **Stick Past Slips** – If you eat something with added sugar part way through your challenge, don't give up. Instead, focus on how well you did, and get back to it!

TRACKING

Each evening, take the time to complete your daily log, reflect on your challenges, and record your success.

The sight of an empty monthly tracker can feel overwhelming. If this is the case for you, start small and work your way up.

- Begin with a daily tracker and mark each hour you manage not to eat added sugars. You have a motivating page to demonstrate your success on your first day!
- Once you're finding some success with daily tracking, move up to a weekly tracker - or use both the daily and weekly options!

Alternatively, if you see a monthly tracker as a challenge to tackle - jump right in.

PLUS - If challenges motivate you, use the weekly sheet to set yourself mini-challenges. This way you get to enjoy the satisfaction of your achievements more often!

DAILY Log



DAY OF 90

DATE

MEALS & SNACKS

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Cravings Today? ☐ None ☐ Mild ☐ Strong

Mood & Energy Levels ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6 7 8 9 10

SUCCESS OF THE DAY

BIGGEST CHALLENGE

TOMORROW'S GOAL

WEEKLY Challenge



WEEK OF 13

DATE

CHALLENGE

REFLECTION

How did it go? What did you notice?

PROGRESS Tracker



Instruction: Color each box daily to track your sugar-free progress and stay motivated!

DATE STARTED

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

Shopping List



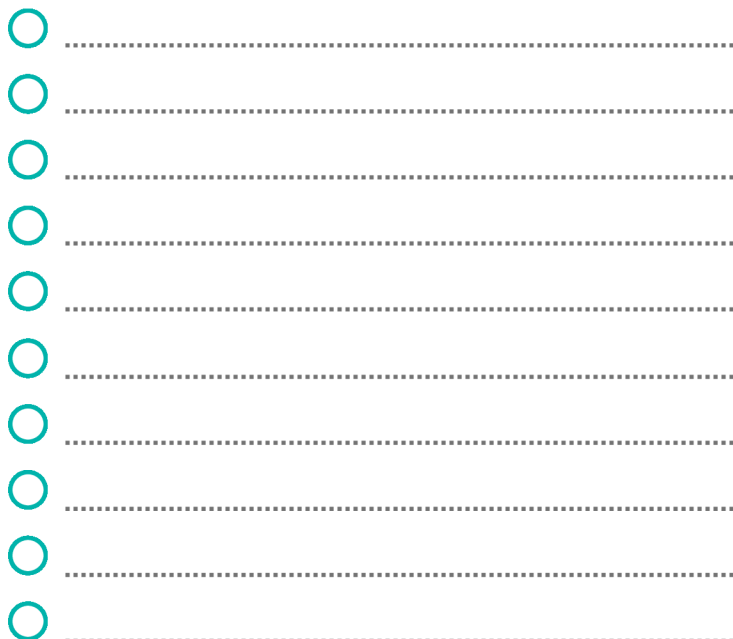
PROTEINS



HEALTHY FATS



VEGETABLES



FRUITS

Shopping List



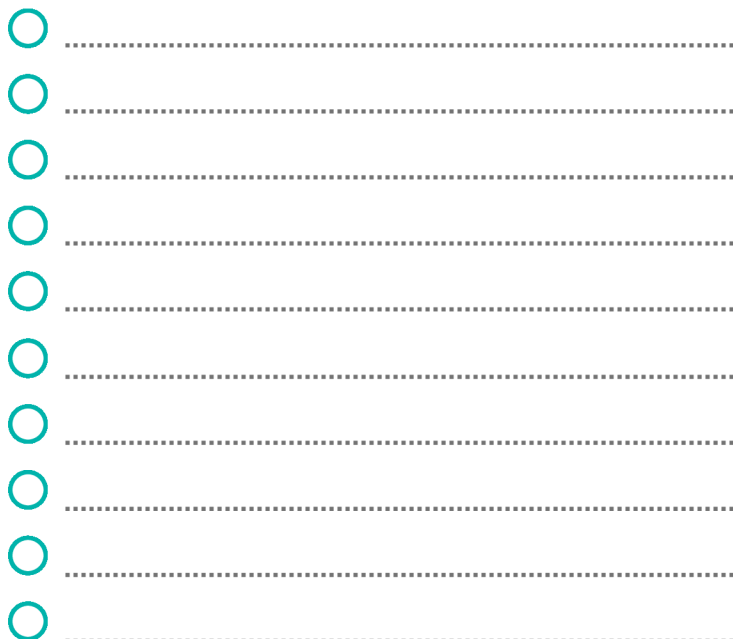
WHOLE GRAINS



DAIRY & ALTERNATIVES



SNACKS



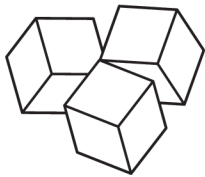
OTHER ITEMS

ONE DAY

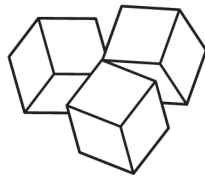
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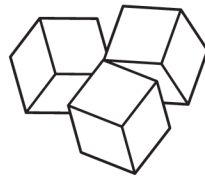
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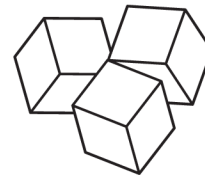
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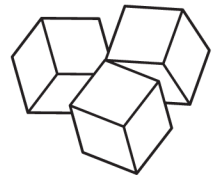
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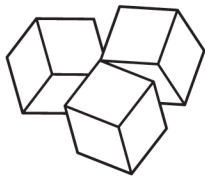
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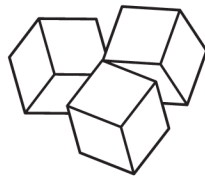
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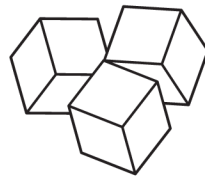
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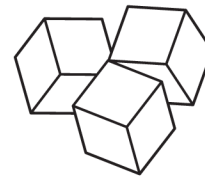
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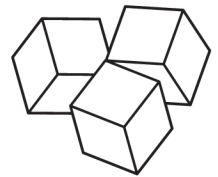
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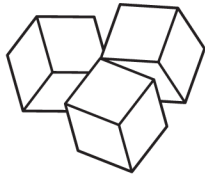
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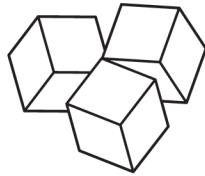
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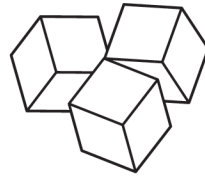
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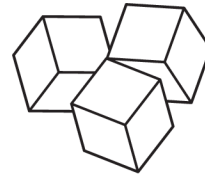
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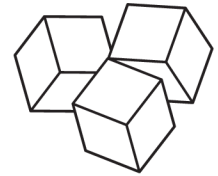
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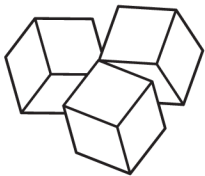
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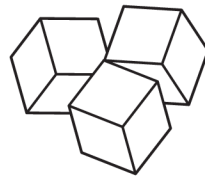
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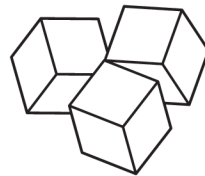
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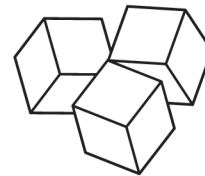
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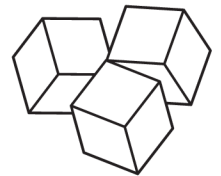
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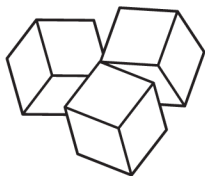
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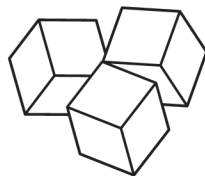
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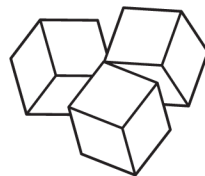
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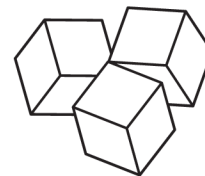
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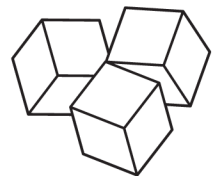
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☐ 3 AM



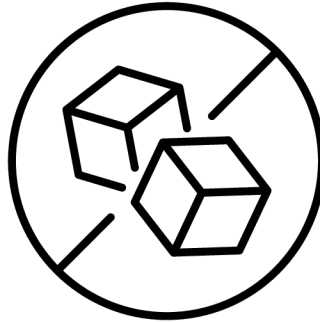
☐ 4 AM



☐ 5 AM

SEVEN DAY

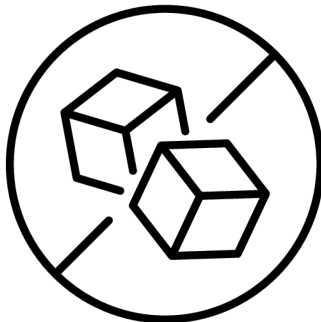
Sugar-Free Challenge



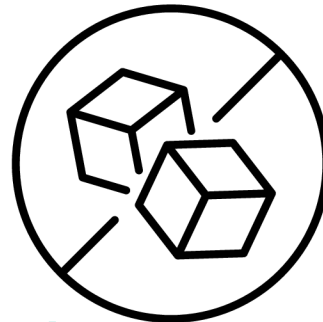
☐ **DAY 1**

START

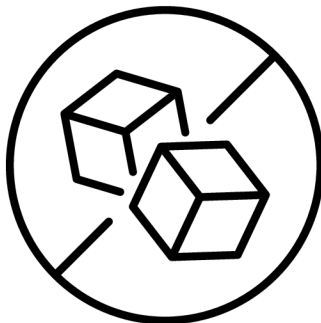
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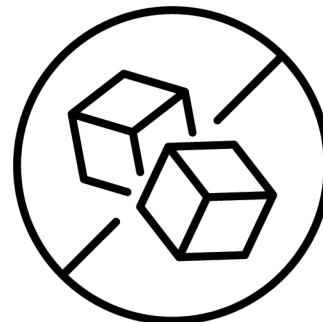
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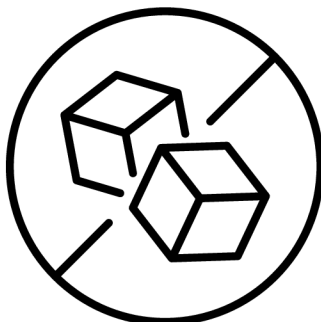
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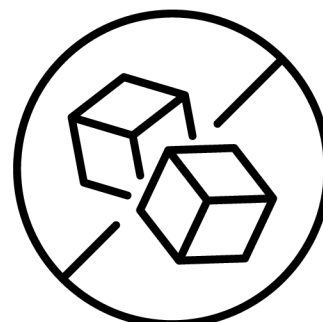
☐ **DAY 4**



☐ **DAY 5**



☐ **DAY 6**



☐ **DAY 7**

NOTES



A series of horizontal dotted lines for writing notes, spanning the width of the page. A large, faint, light red watermark is visible on the left side, consisting of a circle with a diagonal line through it, similar to the icon in the top right corner, but with a more complex geometric pattern inside.