Sugar Free Living (SFL) Challenge

Accountability Calendar

#SugarFreeLiving

#SugarFreeNation #SugarFreeGirl #FemmeFitaleFitClub #DiabetesPrevention

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Go through your pantry and TOSS the processed foods and Sugar	RECORD measurements (email) and take your BEFORE picture.	REVIEW the Shopping List for items you may need to pick up before the challenge.	READ CHAPTER 1 Discover your WHY and ViSUALIZE your Abundant Life!	1 NO SUGAR Try adding Stevia (natural sweetener to morning beverage READ YOUR GOALS DAILY	2 SNACK on fresh fruit (Download Snacks with 6g of Sugar of Less) READ CHAPTER 2	3 BREAKFAST CHOOSE High Fiber cereal such as oatmeal, Shredded wheat, Fiber One. Also Boiled eggs if on the go. READ CHAPTER 3
4 REPLACE sodas and sugary drinks with unsweet tea sweetened with Stevia or flavored sparkling water	5 REPLACE all juices (OJ, Cranberry, and Apple) for the whole fruit. EAT on a 9 inch plate	6 DOWNLOAD your Food Tracking App and start tracking your food intake	7 REPLACE foods based on the Glycemic Index READ CHAPTER 5 and download Tip Sheet (Ways to Switch to a Low-Glycemic) Diet	8 RECORD measurements (email) DOWNLOAD Top 10 Food Tracking Apps and start tracking your food intake	9 REPLACE the WHITE CARBS with black beans, lentils as sides.	10 DRINK at least 64 oz of water DAILY. (Water, Sparkling water with a squeeze of lime/lemon, herbal teas or coffee or water infused with mint or cucumber)
11  READ CHAPTER 6	12 SNACK on Hummus and Green/Red Peppers	13 REPLACE wine with spiked water (Download Alcoholic Beverage with 5gr of sugar)	14 TRY salad without dressing. Substitute lemon juice, or oil and vinegar. AVOID SAUCES	15 RECORD measurements (email) READ LABELS	16 	17 REPLACE Kiwi for Banana (Both high in potassium and Vitamin C)
18 TRY pancakes and waffles without syrup; only eat ¼ of normal.	19 INCREASE water to 10 (8oz) glasses of water DAILY or (4-5 boltless)	20 SNACK on Triscuits and melted colby jack cheese in the microwave	21 TRY pancakes and waffles without syrup; only eat ¼ of normal.	22 RECORD measurements(email) READ CHAPTER 7	23 WORKOUT and check your energy level. It should be higher	24 REPLACE Corn and Sweet Peas with Kale, Spinach, Broccoli and Cabbage

25	26	27	28	29	30	31
REDUCE CARBs by eating burgers/sandwiches wrapped in lettuce		**EAT CARBS** in the morning and lunch. **READ Chapter 8**	**INCREASE** Exercise by 15 minutes per day	**Record** measurements (email) **YOU MADE IT!**	**Record** measurements in journal **YOU LOOK AMAZING!**	**CELEBRATE** your success and **POST** in #SugarFreeNation and #FemmeFitaleFitClub **KEEP GOING!**

Look for your weekly email so you can document your measurements, results and find links to tip sheets, videos and other downloads on the https/ilivesugarfree.com website.

Post your WINs using #SugarFreeLiving on SugarFreeNation and FemmeFitale FitClub