

Sugar Fast

Challenge

Happy Sugar Fast Challenge Let's go!!!

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				

For each day you do not eat processed sugar, mark a check; mark an X for the days you eat or drink processed sugar! Happy Sugar Fast Challenge!