21 DAY CHALLENGE: DEFEAT THE SWEETS
MON FEB 9 – SUN MAR 1

Challenge yourself for 21 days to reduce sugar from your diet!

Commit to one specific action for 21 days from your choice of sweetened beverages, sweets/desserts, breakfast, snacks or learning to eat no more than the recommended daily maximum for added sugar.

During the challenge, you will receive:
• A daily email reminder to score your progress on your own personal dashboard
• Educational tools to find sugar in your diet
• Resources to develop new strategies to help you kick the sugar habit
• A weekly newsletter

Did you know?
Most individuals are consuming 22-28 teaspoons of added sugars a day, more than double the recommended maximum of 6 tsp (100 calories) for women and 9 tsp (150 calories) for men.

Enroll: tinyurl.com/sugarchallenge