

30 Day

NO SUGAR

Challenge

*Natural sugars, which are found in foods like vegetables, fruits, and dairy products, are OK to eat.



NO Snacks
(chips, chocolates, candies)



NO Fast food
(burger, pizza, fries)



NO Desserts
(ice cream, cakes)



NO Sweetened drinks
(Coke, bubble tea)



No pastries
(doughnut, Croissant)

DAY 1

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 2

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 3

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 4

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 5

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 6

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 7

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 8

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 9

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 10

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 11

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 12

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
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DAY 13

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
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DAY 14

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- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 15

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 16

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 17

- ☐ No snacks
- ☐ No Fast Food
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- ☐ No pastries

DAY 18

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 19

- ☐ No snacks
- ☐ No Fast Food
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- ☐ No pastries

DAY 20

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 21

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- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 22

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 23

- ☐ No snacks
- ☐ No Fast Food
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DAY 24

- ☐ No snacks
- ☐ No Fast Food
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- ☐ No Sweetened drinks
- ☐ No pastries

DAY 25

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks
- ☐ No pastries

DAY 26

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks

DAY 27

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks

DAY 28

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks

DAY 29

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks

DAY 30

- ☐ No snacks
- ☐ No Fast Food
- ☐ No Desserts
- ☐ No Sweetened drinks

30 Days To No More Pms

L Darling-Hammond



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