Ultimate Goal - Reduce daily sugar intake by half

This Weeks Goals

- One dessert per day ☑ ☑ ☑ ☐ ☐ ☐ ☐
- Replace soda with flavored water
- Bring gum to work to prevent cravings

Upcoming Road Blocks

-Davids B-day party (make smoothie before?)
-Easter (shopping trip if I say NO to candy?)

Three months from now you will thank yourself!!

Notes