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|----|----|----|----|----|--|----|----|----|
| | | 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 | It's hard to fail, but it's worse never to have tried to succeed. | | | |

So Long, Sugar! Challenge

Stop the cravings, feel better and improve your overall health with the So Long, Sugar! Challenge. The goal is to remove sugar from your diet for 30 days, starting on the first day of the month.

OK, so it's not completely sugar-free: You're allowed 6 grams of sugar per day. Fruit and vegetables are allowed — and they don't count toward your daily 6-gram allotment of sugar.

Ready to get started? On the first of the month:

1. Weigh yourself. (This is for you, not for us!)
2. Take a full-body picture of yourself (forward-facing and profile). (Again, this is for you, not for us!)
3. Take your measurements. (Once again, this is for you, not for us!)
4. Read through the FAQ for more information.

Keep track of your progress below:*

Beginning weight _____ End weight _____

Beginning measurements **End measurements**

Chest _____ Chest _____

Waist _____ Waist _____

Hips _____ Hips _____

After Day 30: How did the So Long, Sugar! Challenge affect your energy, focus, weight, etc.?

* This information is just for you.



On Day 30, enter the total number of days you went without sugar on [ScentsyWellness.com/employee](https://www.ScentsyWellness.com/employee) to be entered into a drawing to win an awesome prize. And be sure to share your success on Scentral to inspire others to say, "So long, sugar!"