



TWO-WEEK CHALLENGE MCSIG WELLNESS

SUGAR-FREE AS CAN BE

CHALLENGE: LIMIT SUGAR INTAKE FOR 2 WEEKS

TRACK YOUR ADDED SUGAR INTAKE FOR TWO WEEKS. NATURAL SUGARS, WHICH ARE FOUND IN FOODS LIKE VEGETABLES, FRUITS, AND DAIRY PRODUCTS, ARE BETTER TO EAT AND PROVIDE MUCH MORE FIBER THAN PROCESSED FOODS. YOU CAN USE A FREE TRACKER APP (SUCH AS MY FITNESSPAL) OR SIMPLY AVOID THESE "HIDDEN SUGAR" WORDS BY READING FOOD LABELS: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUCOTSE, OR ANYTHING ENDING IN "SYRUP" OR "OSE." FOODS THAT CONTAIN HIGH ADDED SUGARS INCLUDE BREAKFAST CEREALS, ICE CREAM, COOKIES, CAKES, CANDY, SODA, AND SWEETENED COFFEE DRINKS. INSTEAD, EAT MORE WHOLE FOODS SUCH AS OATMEAL, FRUITS, VEGETABLES, LEGUMES, LEAN MEATS, AND DAIRY.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

Name: _____

Start Date: _____

Work location: _____

MCSIG Wellness REACHING HIGHER