



No Sugar In September

Accountability Challenge Calendar

2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>Get your mind right and ready to reduce added sugar in your life!</p>	<p>Take starting measurements of your chest, waist and hips. Record it in your journal.</p>	<p>1 <input type="checkbox"/></p> <p>Go through your pantry and toss the processed junk. #NSIS</p>	<p>2 <input type="checkbox"/></p> <p>Add no additional sugar or artificial sweeteners to morning beverage.</p>	<p>3 <input type="checkbox"/></p> <p>Snack on fresh fruit vs. candy.</p>	<p>4 <input type="checkbox"/></p> <p>Start to feel less brain fog in the middle of the day.</p>	<p>5 <input type="checkbox"/></p> <p>Drink at least 64 oz of fresh water today.</p>
<p>6 <input type="checkbox"/></p> <p>NO SUGAR</p>	<p>7 <input type="checkbox"/></p> <p>Did you know sugar has no nutritional value and is bad for your teeth?</p>	<p>8 <input type="checkbox"/></p> <p>Eat at least 5 to 6 servings of fresh fruit and vegetables.</p>	<p>9 <input type="checkbox"/></p> <p>The avg. adult woman needs no more than 20 g to 25 g of sugar daily.</p>	<p>10 <input type="checkbox"/></p>	<p>11 <input type="checkbox"/></p> <p>Sugar = Carbs = ENERGY</p>	<p>12 <input type="checkbox"/></p> <p>Read your food and drink labels and record the amount of sugar. #NSIS</p>
<p>13 <input type="checkbox"/></p> <p>Snap a pic of your breakfast and list the grams of sugar content. #NSIS</p>	<p>14 <input type="checkbox"/></p> <p>Check your skin, it should be showing signs of clearing up. #NSIS</p>	<p>15 <input type="checkbox"/></p>	<p>16 <input type="checkbox"/></p> <p>Make some fresh vegetable and fruit juice. You will be full for many hours.</p>	<p>17 <input type="checkbox"/></p> <p>High sugar fruits: Figs, Mangos, Cherries, and grapes</p>	<p>18 <input type="checkbox"/></p> <p>The average American eats more than 22 teaspoons of sugar daily. #NSIS</p>	<p>19 <input type="checkbox"/></p> <p>Shop on the outside aisles in the grocery store where the fresh food is.</p>
<p>20 <input type="checkbox"/></p>	<p>21 <input type="checkbox"/></p> <p>Make a fresh fruit and vegetable smoothie. You will be full for hours.</p>	<p>22 <input type="checkbox"/></p>	<p>23 <input type="checkbox"/></p> <p>There's 16 packs of sugar in 1, 600 ml bottle of regular soft drinks.</p>	<p>24 <input type="checkbox"/></p> <p>Sweet is the only taste humans are born desiring.</p>	<p>25 <input type="checkbox"/></p> <p>Go workout and check your energy level. It should be higher. #NSIS</p>	<p>26 <input type="checkbox"/></p> <p>Check your sleep patterns, you should be sleeping more soundly. #NSIS</p>
<p>27 <input type="checkbox"/></p> <p>Start your day with breakfast low in added sugar. #NSIS</p>	<p>28 <input type="checkbox"/></p>	<p>29 <input type="checkbox"/></p> <p>Take ending measurements of your chest, waist, and hips. Record it in your journal</p>	<p>30 <input type="checkbox"/></p> <p>You should feel accomplished, lighter, energetic, have clearer skin and not miss sugar!</p>	<p>YOU MADE IT!</p>	<p>KEEP IT GOING!</p>	<p>YOU LOOK GREAT!</p>



FemmeFitaleFitClub.com
#NSIS

EAT LESS SUGAR, you are sweet enough already.

Embrace this challenge and don't focus on what you can't have, focus on what you can.

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Let's GO!

Let's Socialize