

# Sugar-Free October Challenge



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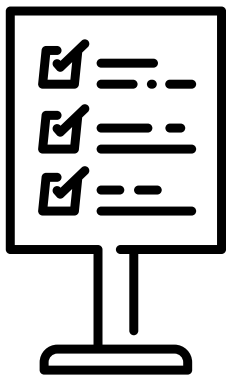


## Challenge Rules:

**What?** Sugar refers to ADDED sugar. Natural sugars are okay (in moderation)!

**When:** The Challenge will start October 1 - October 30

**How:** For 30 days go sugar free! This includes direct sources of sugar and hidden sources of sugar



## Whats included?

- What's in and what's out
- Tips to reduce sugar intake
- Grocery list
- Tracking Calendar

# Let's Get Started!