



Worksheet Excerpts

From How I Gave Up Sugar and Took Control of My Diet in 7 Days

Make a List of Challenges You May Face

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Plan an action for each of the challenges listed above.

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Focusing on sugar craving triggers.

- What time of the day do you normally crave sugar?
- What are you doing when you have these cravings?
- List three ideas for dealing with these cravings in the future
 - 1.
 - 2.
 - 3.

Read more on thesugarediva.com

This information is copywritten and is excerpted from the book "How I Gave Up Sugar and took control of my diet in 7 days". Like with another kind of change in your diet, please consult a physician first. This information is for reference only and not intended to be as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist. Results may vary.

