



21 DAY SUGAR DETOX CHALLENGE

This sugar detox challenge is a real food reset that helps you break the chain of eating processed foods and sugars. You will learn how sugar and processed foods affect your body and mind and how great you will feel without them as a part of your daily diet. We are going to eliminate foods that cause sugar cravings while balancing your blood sugar by choosing to eat nutrient dense foods instead. This is not just a diet change, but a **LIFESTYLE** change. There will be 3 levels to this program so you can choose whether you want to go hardcore or you want to simply cut out certain types of foods and sugars.

AUGUST 2023

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Set your goals! Decide what you want to achieve and how you want to feel.	2 Practice eating proper food portions	3 10-minute stretch to start your day	4 Start a gratitude/ goals journal	5 Active Rest Day: Journal and reflect on your accomplishments from the week
6 Mindful Minutes: Meditate before bed for 10 minutes	7 Start off this week by setting the goal of exercising at least 3x within the week!	8 Drink at least half your body weight in ounces of water today	9 Ask a friend to exercise with you at the Y!	10 Try a group fitness class at the Y!	11 LEAVE WORK AT WORK!	12 Active Rest Day: Journal and reflect on your accomplishments from the week
13 Mindful Minutes: Go for an evening walk	14 Get 8-9 hours of sleep tonight	15 Walk for 15 minutes during your lunch break!	16 Stand for at least 5 minutes every hour while at work	17 Instead of eating out, make a healthy meal at home	18 Try to read for at least 10 minutes before bed	19 Active Rest Day: Journal and reflect on your accomplishments from the week
20 Mindful Minutes: Practice a breathing exercise for 1 minute	21 CONGRATS! You've completed the Sugar Detox Challenge!	22 Reflect on how you're feeling after these last 21 days				

More info available at puebloymca.org/blogs or contact Tiffani Hinkeldey, YMCA Health Coach, at thinkeldey@puebloymca.org