



# cut the sweets SUGAR CHALLENGE

OCT. 4TH — OCT. 31ST

## The Overall Challenge:

*Cut down your added sugar consumption as much as possible.*

## HOW TO TRACK IT:

For each week, track how you cut your sugar out. Note any symptoms that subside or increase (increased energy, weight loss, headaches, etc.) A note on your phone or an app, like MyFitnessPal, can help you keep a running tally of what works to encourage you to cut out sugar. If you prefer paper, we also included a printable tracker at the end of this guide.

## WHY ELIMINATE SUGAR?

As you may know, added sugar is in a ton of foods. Not just goodies like cookies, but in everything from pasta to salad dressing. Aside from increasing your risk of cavities, too much sugar can lead to issues like diabetes and heart disease.

*We challenge you to kick sugar to the curb for a month to see how you feel. In this guide, you'll find a new habit challenge to ease into each week. Cutting sugar is tough, but it's totally doable with this challenge!*

**WHEN?** OCT. 4TH– OCT 31ST

**HOW TO SIGNUP:** <https://forms.gle/rqtuFKz4DLimBZjo9>  
or by emailing [lexie.sollman@ascension.org](mailto:lexie.sollman@ascension.org)

**PRIZES:** **TURN IN YOUR TRACKER AT THE END OF THE CHALLENGE TO EARN YOUR FALL HRA CREDITS**

**QUESTIONS?** EMAIL [lexie.sollman@ascension.org](mailto:lexie.sollman@ascension.org)

