

Day 11: Sugar Addiction

12 Day
Natural
Detox

Sugar Addiction

How can you remove the hidden sugar from your diet permanently? Use the activity below as a starting point.

Food Item	Sugar Contained	Replace? (Y/N)

Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

What challenges did you overcome today?

How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

What do you need to focus on for tomorrow to be a success for you within this program?
