

Goal: No Sugar! | 2 “free” meals per week

May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Directions:	Mark an X every day that you do not eat sugar!	Circle your “free meal” days. (2 per week)	Leave blank any day that you ate sugar that was not your free day.	Write on the back WHY you ate that sugar to find out your pattern!

Name:

Turn in this completed challenge calendar by June 4th to be entered into the \$200 Visa gift card raffle!