

Naturally Sweet

The Naturally Sweet Challenge invites you to eat fruit for dessert for 30 days. That's right. No sugary, processed, high calorie desserts for a month- just pure and natural fruit. During the challenge you may discovery many varieties of sweet and flavorful fruit. Enjoy the full, aromatic sweetness of a natural treat that is unrivaled by the overpowering taste of refined sugar. To complete this challenge, track "YES" each day of the challenge.

Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14
Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21
Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28
Oct 29	Oct 30	Oct 31				

I've completed the challenge!

(Print Name)