<u>REDUCE THE SUGAR CHALLENGE: Sept 2-30, 2021</u> 4 Weeks = 1 Point Cat

less sugar

enough already

Instructions: The goal of this challenge is to reduce our added sugar intake. You can "check off" each day you accomplish the goal of cutting out a serving of added sugar. At the end of the challenge, **PRINT YOUR NAME AND SIGN** the challenge log. Email log to MHernandez@boxeldercounty.org

FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY** 2-Sep 3-Sep 4-Sep 5-Sep 6-Sep 7-Sep 8-Sep Week 1: Cut out 2 servings of added sugar 9-Sep 10-Sep 14-Sep 15-Sep 11-Sep 12-Sep 13-Sep Week 2: Cut out 3 servings of added sugar 16-Sep 17-Sep 21-Sep 18-Sep 19-Sep 20-Sep 22-Sep Week 3: Cut out 4 servings of added sugar 24-Sep 28-Sep 29-Sep 23-Sep 25-Sep 26-Sep 27-Sep Week 4: Cut out 5 servings of added sugar 30-Sep I certify that I completed the Reduce the Sugar Challenge. **Printed Name** Signature