



## NO SUGAR FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1st Let's do this	2nd
3rd	4th Keep going	5th	6th	7th	8th Check in time	9th
10th It's reward time	11th	12th You've got this!	13th	14th	15th	16th
17th	18th	19th	20th Not long to go	21st	22nd	23rd
24th	25th	26th	27th	28th YOU DID IT!		

My reward on day 10 \_\_\_\_\_

My reward on day 28 \_\_\_\_\_