30 days no added sugar

A month without added sugar. Cross off each day you made it.

NAME

START DATE

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

WHERE THE SUGAR WAS HIDING

HOW I FEEL AT DAY 30