



no chocolate, no cookies, no soft drinks for 30 days

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no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!
6	7	8	9	10
no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!
11	12	13	14	15
no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!
16	17	18	19	20
no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!
21	22	23	24	25
no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!
26	27	28	29	30
no	no	no	no	no
sugar	sugar	sugar	sugar	sugar
today!	today!	today!	today!	today!