

Hi!

I am so excited that you are motivated to kick your sugar habit. Your life is about to change for the better. :)

The Challenge runs for 28 days, starting on February 16th and ending on March 14, 2016.

I want to make sure this Challenge isn't overwhelming for you, so in today's email, I am sharing some first steps, starting with a few simple instructions:

Getting Started: Taking Inventory; Purging; Downloading the Journal

So, today, I want you to:

TAKE INVENTORY

- Open your cupboards/pantry and fridge/freezer. Look around. ***Just take a good look around.***
- **Decide** that anything that contains sugar (including luncheon meats, condiments, sauces, dressings, frozen meals, many canned goods etc), bread, crackers, cookies, chocolate, candy, artificial sweetener (like aspartame, Splenda, saccharin, sucralose...), any dairy (cheese, yogurt, milk, cream), juice, alcohol and pretty much anything in a box **will be off-limits** once you start the Challenge.
- I will be providing more guidelines later, but for now, **just take a look at everything**, read the sugar content on labels, and know that these items will not be going into your body for the 28 days on the Challenge. And breathe...

PURGING

- **Between now and February 16th (when we start the Challenge), either purge, donate or eat** any items that contain sugar. It is your choice. I highly recommend **getting your family on board** or at least letting them know what you are doing and why so that they can be supportive, even if they aren't going on the Challenge.

If possible, do not buy any more items that contain sugar. You want a clean environment once we start the Challenge and it's much easier without the temptations.

DOWNLOAD THE KICK THE SUGAR CHALLENGE JOURNAL

- Click the tab on my site called "Food Journals". Download the one called "Kick The Sugar Challenge Journal" and print as many copies as needed to get you to the end of the Challenge (March 14th). Start using it **today**. I want you to have a reference to look back on once we start the Challenge.
- You'll notice that in the journal, I ask you to track your bowel movements. **Yes! I want you to log your poop!** (size, shape, texture, colour, ease of elimination, constipation or diarrhea etc... of each bowel movement daily). If you take your phone to the bathroom, take a picture (this method won't be for everyone, but it creates an amazing visual diary!)

So to recap, here is all you need to do for now:

1. Take inventory, today.
2. Decide what you plan to do with items that contain sugar (purge, donate, eat).
3. Download and begin using your journal, today.

You are awesome.

xo Sarah

P.S. I'd love to hear from you! Let me know what you feel the hardest part of the Challenge will be for you.