

# Kick The Sugar Challenge



## **HOMEWORK ASSIGNMENTS**

Cool  
Awesome  
Life-Changing stuff to  
support your success in  
the **Re-Integration Phase**

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# Kick The Sugar Challenge:

## HOMework ASSIGNMENTS

### INTRODUCTION

You did it! You made it through the 28-Day Kick The Sugar Challenge! You are now armed with more knowledge, tools and strategies to help you avoid temptation in the world.

It isn't easy, but as we begin to create a trajectory of success, it is like building a muscle...it is strengthened every day.

As we gain time in this new way of living, the earth beneath our feet begins to strengthen, and we aren't left wondering if we can do this...we **know** we can.

Remember, this whole Challenge is about **so much more** than just avoiding sugar for a while.

**It is about self-love. Loving ourselves enough to want the best for ourselves, our bodies, our health, and to be able to be present, mentally and physically, in our lives and in the lives of those we love.**

In this document, I will post all of the assignments to be completed in the Re-Integration Phase.

Let's keep WORKING on this!!!!

xo Sarah

# Homework Assignment #1: To Be Completed In Week 1

## Journal About Your KTSC Experience

Check When Completed

### Description:

This assignment has you journaling about your experience on the Challenge.

You can use bullet points if you are "not a writer" or even type a few words on your computer, but I would like you to express your highs and lows, any a-has and any other items you want to express about what the Challenge meant for you.

Please do this homework. It will likely closely align with your WHY and help re-affirm the reason you are on this path to a healthier version of yourself.

I am here to serve you, so the more you share about your experience, the better I can do that. 😊

That is my intention for it.

Oh, and you are awesome. xo

## Homework Assignment #2: To Be Completed In Week 2

### Answer ONE BIG Question

Check When Completed

### Description:

I posted on my blog about our bodies not wanting to be fat. It was a post I have been afraid to share for a long, long time for fear that people would hate me for it.

I was pleased to see so much positive feedback, and so I hope you take some time to read it. It is long, but the message is powerful.

<http://sarahtalksfood.com/you-may-hate-me-for-this-and-thats-ok/>

Your HOMEWORK ASSIGNMENT today is to answer ONE question and to do ONE exercise. It's a BIGGIE.

Ready?

Here it is:

**QUESTION:** What does weight represent to you in your life?

Take time today to get still and think about what your weight has meant to you throughout the years and up until this moment.

**EXERCISE:** Then, write in your Gratitude Journal 5 things you LOVE about your body.

Sending you the biggest hugs and high fives as you continue on your journey towards becoming the healthiest version of yourself.

Xo Sarah

## Homework Assignment #3: To Be Completed In Week 3

### Track Your Time & Meal Plan

Check When Completed

#### Description:

Several people have told me that the hardest part of this Challenge has been trying to get organized and to prioritize meal planning.

This assignment has you tracking what you do every 30 minutes so that you can see where you can create pockets of time to get things done in the kitchen.

So, grab a journal or fresh piece of paper and start tracking WHAT YOU DID every single 30-minute block of ONE DAY.

**I would LOVE for you to do this for 2 weeks**, but even just one day will give you an idea of where you spend your time and how you can make adjustments.

You **MUST** prioritize meal planning in order to be successful when it comes to eating, your weight, managing cravings and reducing temptation.

**I created a MEAL PLAN for you** and you can find it in the **DOWNLOADS** on our webpage.

I hope these tools serve you and make it easier to stay on track and feel in control.

Xo Sarah

## Homework Assignment #4: To Be Completed In Week 3

### Join A Fitness Class

Check When Completed

### Description:

Today's HOMEWORK is something I REALLY want you to do!

Putting ourselves "out there" and creating new experiences is a big part of enjoying life to the fullest, and so, as I mentioned in the video the other night, your HOMEWORK is to go out and join a fitness class or club or gym.

The point is to step outside your comfort zone a little and do something that is physically active.

Some suggestions are to join a:

- Gym
- Spin Class
- Zumba Class
- Pilates Class
- Yoga Class
- Kickboxing Class
- Karate Class
- Muay Thai Class
- TRX Class
- Dance Class
- Aerobics Class

If you feel absolutely too uncomfortable at a gym or in a class to the point that you won't do this HOMEWORK, then you can consider:

- Hiring a Personal Trainer to come to your home
- Buying a DVD or set and work out at home (but you HAVE to do it!! DVDs often end up collecting dust!)
- Walking EVERY day at a specific time (it goes in your calendar and is non-negotiable) so that you will do it every day, rain or shine.
- If it's in your budget, buying a piece of equipment for your home (treadmill, stationary bike, rebounder etc.)

**The point is, you have to ADD something into your life on top of the exercises I gave you (I REALLY hope you are close to the Advanced Level on those!)**

Some of you are doing the Squat Challenge I posted about on my blog. GREAT!!

But that squat Challenge simply ADDS to the workouts you are doing.

**THIS HOMEWORK is an additional piece.**

It is so important that we schedule time for exercise that it fun!

That gets us out of the house!

That has us sweating and pushing ourselves and working hard!

That clears our minds of the day and has us focusing on our amazing bodies!

That has us meeting new people!

That challenges our bodies in new ways. :)

Roger and I have joined a new yoga class! We work out at a gym 5 days a week and will do this class on the 6th day.

And on the 7th day, we rest. :)

**PLEASE don't skip this HOMEWORK!**

And please share with the group what you decided to join and keep us posted on how you like it!

Sending you big sweaty hugs and high fives!! ;)

xo Sarah

## Homework Assignment #5: To Be Completed In Week 4

# Ditch The Scale

Check When Completed

## Description:

Today's HOMEWORK is something I REALLY want you to do!

I know I ALWAYS say that, but this time, I REALLY mean it!!

It's BIG. Ready?

Ditch the scale.

Yes, you heard me. I want you to throw away (or donate) your scale.

Scales are just about the least effective ways of measuring yourself that exist.

Yoni Freedhoff, in his book *The Diet Fix*, talks about not being a slave to the scale, and for "traumatic dieters" (those who have yo-yo dieted or "tried everything" for years), to take a "scale vacation".

I think this is really good advice.

The scale is such an inaccurate measurement of how we're doing!

It doesn't measure the choices we are making or how we are feeling in our bodies or how much more energy we have.

It doesn't factor in clothing, women's menstrual cycles, water retention, constipation etc.

So, if the scale is the thing that decides what day you will have (weight loss=happy, weight gain=sad), then you have HOMEWORK today.

Either throw away your scale (this would be my suggestion--I have NEVER owned a scale! Not EVER!) or place the scale where it will be out of sight (Yoni recommends the trunk of the car).

Commit to not weighing yourself for at least ONE WEEK, preferably TWO WEEKS.

I know how BIG this is for some people. You can do it!!

xo Sarah

## Homework Assignment #6: To Be Completed In Week 4 Watch Dr. Amen's Video on The Brain.

Check When Completed

### Description:

I am a big Brendon Burchard fan, and so when he invited Dr. Daniel Amen to speak at one of his conferences, I took notice.

I follow Dr. Amen and I am so inspired by his work on the brain.

He talks about how our lifestyle choices affect our precious brains and increase our risk of disease.

Healthy body, healthy mind. And vice versa.

We have done a lot of work on our brains over the course of this experience. Whether we realize it or not, we are creating new habits, new belief systems, new behaviours, new ways of seeing things and new ways of looking at the world.

I can tell by your comments that things are shifting for you, and that makes my work incredibly rewarding.

Today's HOMEWORK ASSIGNMENT is an hour and a half long, so I know that's an investment of your time, but I hope you carve some out to continue to learn about how our choices affect our health.

Body. Mind. Spirit.

xo Sarah

<https://www.youtube.com/watch?v=Y76VEKch39U&app=desktop>