



How I feel...
BEFORE my SUGAR FREE SEPTEMBER

How I feel...
AFTER my SUGAR FREE SEPTEMBER



I feel

I think

Right now, I'd like to do **more**

Right now, I'd like to do **less**

My biggest challenge with Sugar Free September will be...

I feel

I think

I'm doing **more**

I'm doing **less**

The best part of Sugar Free September for **me** was...

The best outcome for **my workplace** was...