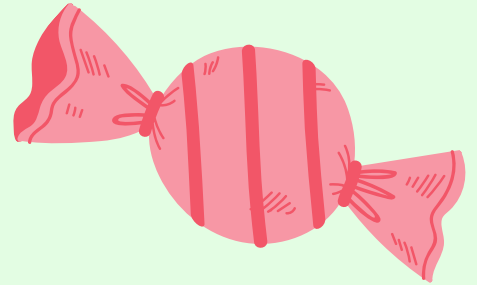


# LIMITING

*Sweets*



.....

A GUIDE TO  
HELP YOU  
REACH YOUR  
GOAL OF  
LIMITING  
SWEETS

*What is included*

.....

- Sweet Tracker
- Goal Setter
- Nature's Sweet Guide
- Reward!

LIMITING

Sweets



# Sweets Tracker

Use this sweet tracker and write down what you eat for sweets for four days.

After the four days add them up and divide by four. This will be your number for the next step.

Examples of Sweets:

Day One

Day Two

- Coffee Drinks
- Cake
- Cookies
- Candy Bars
- Candy
- Certain Granola Bars
- Pop Tarts
- Sugar Cereals
- Pop**
- Ice Cream
- Chocolate Milk
- Doughnuts
- and more...

Day Three

Day Four

LIMITING

Sweets



.....

# Goal Setter

Ultimate Goal

.....



## Steps to reach that goal

.....

**Week 1**

Every day this week eliminate 1 sweet treat under the number you came up with in the sweet tracker.

**Week 2**

Now this week eliminate two more sweet treats..so 3 less than the number you started with.

*Woohoo you are doing it! Good Work!*

**Week 3 & on**

This is a big week!  
This week eliminate up to your ultimate goal.  
This could be tough but you can do it!

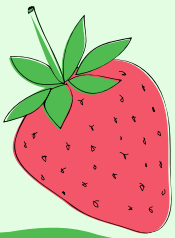
LIMITING

Sweets



# Nature's Sweets Guide

Here is a fruit guide by season to help you curb your added sweet tooth.



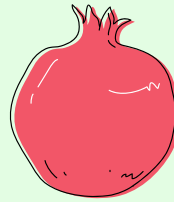
## Spring

- Apples
- Apricots
- Bananas
- Strawberries
- Grapefruit
- Kiwi
- Lemons
- Pineapple



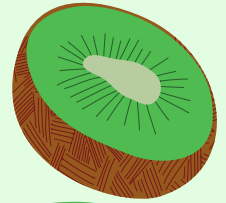
## Summer

- Watermelon
- Blackberries
- Blueberries
- Melons
- Cherries
- Figs
- Grapes
- Limes
- Mangos
- Nectarines
- Peaches
- Plums
- Raspberries
- Strawberries



## Autumn

- Apples
- Bananas
- Pomegranates
- Cranberries
- Figs
- Grapes
- Pineapple
- Pears



## Winter

- Apples
- Bananas
- Grapefruit
- Kiwi
- Lemons
- Cranberries
- Pears
- Clementines
- Oranges
- Tangerines

LIMITING

Sweets



# Reward Yourself



*You did it!*

If you made it to this page...  
Congratulations!!  
You have reached your goal.

*A Reward*

*non food related*

