



# WATCH YOUR SUGAR

## 30 Points



This challenge is focused on helping you become aware of your sugar intake. You'll be asked to track your consumption of sugar daily for the next few weeks. By decreasing your sugar intake, you'll reduce your risk of having high blood sugar and ultimately decrease your risk of developing diabetes.

### ASK YOURSELF?

Points awarded for answering "YES" to the following questions.

- Have you been limiting your sugar intake?
- Have you been decreasing your consumption of added sugar?
- Have you been limiting your consumption of refined sugar?

**REGISTER**

AUG. 03 - AUG. 16

**CHALLENGE**

AUG. 17 - SEPT. 13