

# OCTOBER 2015 Challenge

## “Are You Too SWEET?”

**GOAL:** to cut down on the sugar that is consumed in a day

Eliminate sugar in your daily diet by not drinking sugary drinks (pop, Kool-aid, Gatorade, etc) and by cutting out the sugary treats you eat in a day (candy, cookies, cake, etc)

Turn in challenge sheet to Linda Winkler / Health & Wellness box @ time clock by noon on Thursday, Nov. 5th.

DATE	NO sugary drinks consumed		No sugary treats	
	GOAL MET	GOAL NOT MET	GOAL MET	GOAL NOT MET
October 1	YES	NO	YES	NO
October 2	YES	NO	YES	NO
October 3	YES	NO	YES	NO
October 4	YES	NO	YES	NO
October 5	YES	NO	YES	NO
October 6	YES	NO	YES	NO
October 7	YES	NO	YES	NO
October 8	YES	NO	YES	NO
October 9	YES	NO	YES	NO
October 10	YES	NO	YES	NO
October 11	YES	NO	YES	NO
October 12	YES	NO	YES	NO
October 13	YES	NO	YES	NO
October 14	YES	NO	YES	NO
October 15	YES	NO	YES	NO
October 16	YES	NO	YES	NO
October 17	YES	NO	YES	NO
October 18	YES	NO	YES	NO
October 19	YES	NO	YES	NO
October 20	YES	NO	YES	NO
October 21	YES	NO	YES	NO
October 22	YES	NO	YES	NO
October 23	YES	NO	YES	NO
October 24	YES	NO	YES	NO
October 25	YES	NO	YES	NO
October 26	YES	NO	YES	NO
October 27	YES	NO	YES	NO
October 28	YES	NO	YES	NO
October 29	YES	NO	YES	NO
October 30	YES	NO	YES	NO
October 31	YES	NO	YES	NO
<b>TURN IN SHEET BY Thursday, November 5, 2015</b>				



NAME: \_\_\_\_\_