Spoonful of Sugar Free

January, 2012 New Year's Resolution Challenge

Date:	Did you eat Sugar Today? Yes / No
Water:	Exercises Completed? Yes / No
	What is your physical and mental feeling today?
Breakfast:	Lunch:
Dinner:	Snacks:
Additional Notes:	
Spoonful of Sua	ar Free
January, 2012 New Year's R	
January, 2012 New Year's R	esolution Challenge
January, 2012 New Year's R Date: Water:	esolution Challenge Did you eat Sugar Today? Yes / No
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