



## SUGAR SHAKE-UP CHALLENGE

### Keep up your better-for-you habits!

Fill out and print this page to remind you of your goals and new better-for-you habits.

**What habits you want to continue after the Sugar Shake-Up Challenge is over?**

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**What are your favorite better-for-you foods and beverages?**

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**How will you continue to stay mindful about your food and beverages?**

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