



My Commitment to My Future Health and Wellbeing SUGAR? No Thanks I'm SWEET ENOUGH!

- Name: _____
- Date: _____
- **Why I Want to Kick SUGAR:** (circle and add your own) *e.g., more energy, reduce cravings, improve health, lose fat, end headaches, improve aches and joint pains, reduce inflammation & medications, improve heart, poo better, better skin, better mental health etc*

Refer To KWS WEBSITE/TIPS/BIOHACKS
kwskeepingwomenstrong.com.au

BIOHACK Commitment: 30-DAYS

- Start Date: _____ End Date: _____ and then for the rest of my life because it won't make sense to GO BACK to my old SUGARY ways, weight, pain, ill health etc!

My BIOHACK Goals: 1 step, 1 change, 1 day, 1 week, and month at a time

1. **Limit or Cut Added SUGAR/Processed CARBS:** I will limit daily added sugar intake to ___ tsp (a limit of 6tsp for women/day or less is the health recommendation) and I will cut out processed white carbs and starches.
2. **Avoid Artificially Sweetened Foods:** I say **NO** to Artificially Sweetened drinks, snacks, gum, confectionary, yogurt because they set me up for cravings and failure. I say **YES** to Stevia or Monk Fruit sweeteners instead.
3. **Avoid Sugary Drinks:** I will eliminate sugary drinks like juice, cordial, soft drink, energy drinks, sweetened coffees, alcohol.
4. **Drink WATER for my weight: NO 1 craving control.** I will drink 40ml per kg/day eg 40ml x 70kg = 2.8 litres
5. **WHOLE Food Meal/Snack Choices: NO 2 craving control.** I will choose whole food meals & snacks (e.g. vegetables/salad & protein for main meals, fruits, or nuts/seeds, avo, as snacks, whole grains, legumes)
6. **Commit to a GOOD Breakfast:** It will dictate my sugar control. **Enough** PROTEIN is critical. No processed cereal, white bread or juice. Eg 3 eggs in my favourite way, protein smoothie, left over protein and vegetables, natural yoghurt + fruit
7. **Mindful Eating:** I will educate myself, and keep motivated by reading daily sugar BIOHACK tips, I aim to eat the right foods, in the right amount, at the right time of the day to STOP cravings, I won't buy added sugar/processed carbs to reduce my temptations, I check nutrition labels for sugar & total carbs (4g = 1 tsp), I chew slowly to enjoy & get the most out of it.
8. **TRACK Progress and Reach Out:** I will record my sugar/carb intake, any cravings and when, how I'm feeling, unusual symptoms, and reach out and seek guidance or clarity with Helen for support and to keep on track.

Challenges I Might Face:

- Cravings: _____ Old Habits: _____ Social Situations: _____ Stress Eating: _____ Family Pressure: _____ Excuses: _____

BIOHACKS to Overcome Challenges:

- **Cravings:** drink at least 1/2 glass water every 30 minutes or herbal tea, have a protein based, low sugar/carb breakfast, eat protein with every meal and as snacks, eat veggies 1st at every meal, keep healthy whole food snacks boiled egg, veggie sticks, fruit, nuts, seeds on hand, go for a 10 minute walk/or quick set of legs and butt exercises after a meal
- **Old Habits:** Be determined to actively replace unhealthy routines with all the new and proven healthy BIOHACKS
- **Social Situations:** check menus to plan ahead, don't restrict food before going out as it sets you up to eat too much - have protein 1 hour before or a healthy snack before going out if the menu is questionable, don't order carbs or bread for entre and don't eat them 1st, **eat salad or vegetables 1st** with protein then only a small amount of carbs, ask for vinegar dressing as it slows carbs down, go without dessert, bring your own healthy snacks so you don't eat what's going and regret it.
- **Stress Eating:** Find alternative stress relievers (e.g., only have healthy snacks around, exercise/walk, deep breathing).
- **Family Pressure:** Remind yourself 'It's my brain, body & choice. I'm a strong woman and in control of my healthy future'.
- **Excuses:** "It's the promises that I **make and keep** to myself. I eat like I love myself and I'm stronger than my excuses"

MY Reward for Changing My Daily Habits:

(Choose a reward to celebrate your Kick White Sugar BIOHACK success!)

- Eg: movie, pamper, facial, massage, new piece of clothing etc...

DAILY CHECKIN: Every improvement is a **GIANT Hi 5** to the **NO SUGAR ME**

Day: Date	___ tsp Sugar/CARB	How I FELT	Notes (Challenges or Successes)
Eg: 1. 24/2/25	___ tsps	Determined, proud	No cravings, felt great after workout, slept better, less tired
Eg: 2. 25/2/25	___ tsps	Craving sugar	Drank water and resisted the temptation. Only 1 piece of choc
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30. MY BEST	BIOHACKS		

I am a 'Stronger Woman'