



Sugar Detox Reset



THE JOURNAL

Today is the first day of the
rest of your life.

**YOU, MY FRIEND, ARE
ALREADY VICTORIOUS!**

Sakinahbunch.com

SB Sugar Detox Reset Journal



 **Sugar Detox Journal**

Welcome to the **Sugar Detox with Sakinah B. Program**. We are so glad that you made the decision to care for yourself and have chosen to get healthier. We would love to hear your reason for deciding to put your health first. Please go to our Facebook page [Holistic Coaching with Sakinah B.](#) and tell us all about it.



Sugar Detox Journal



Sugar Detox Disclaimer

The Client understands that the role of the Health Coach is not to prescribe or assess micro-and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition, or other physical or mental ailments of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. The Client understands that the Coach is not acting in the capacity of a doctor, licensed dietitian-nutritionist, psychologist, or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals. If the Client is under the care of a healthcare professional or currently uses prescription medications, the Client should discuss any dietary changes or potential dietary supplement use with his or her doctor and should not discontinue any prescription medications without first consulting his or her doctor. The Client has chosen to use this journal and understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals. The Client should always seek medical clearance from his or her physician *before* beginning or modifying his or her eating style, exercise, or lifestyle program.

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Sugar Detox Journal

Journal Overview

Journal Set Up - This journal is used in conjunction with the weekly Sugar Detox with Sakinah B. Program videos. It is designed as a countdown. So, it starts on day 28 and works its way to day 1. On day 1, I do the happy dance with you for fulfilling your 28-day commitment to yourself. Please take a moment to first watch the **Overview video**. *Weekly videos should be watched on Sunday and follow along with the weekly journal entries. The first week, you may want to watch and rewatch the mindset videos according to the journal to assist you with daily tasks.*

Entries – You can use as much or as little of this journal as you need or would like. It is here for you as a complementary tool to accompany the videos. Each day is designed to have a morning routine and an end-of-day routine. You can use the food entry to document what you ate or move to the next day and write down preplanned meals.

One Word – Your one word is part of your end-of-day routine as it prepares you for your next day. This one word can be the same word throughout your program, or it can change weekly or daily. It is completely up to you. This one word is what you will focus on throughout the evening into the next day. For example, your one word could be “joy”. Joy could mean that you will find joy in everything you do, everything you eat, everything you think. The next day/week your one word could be “peace”. That could mean there will be no fuss made over anything that day/week. No fuss over family members, coworkers, or even food preparations. Have fun with this one.


Journal Goal – The goal of this journal is to serve as a diary of your journey. The more you use it the more complete it will be. You will look back on how far you have come and be amazed. It will become

 **Sugar Detox Journal**

your keepsake. After your detox, this journal is quite valuable as a maintenance guide for your after **Sugar Detox** monthly maintenance program, ideally designed as a diary for you to look back on and support you to stick to your goal of being healthier and no longer relying on sugar.

Sugar Detox Journal

My Commitment to My Health

"I am committed to my health because I am worth it. I am valuable and I desire to do more than just exist or be alive. I will LIVE and live the best life I can! My goal during this **Sugar Detox with Sakinah B. Program**  **the next 28 days.**" is to _____.

I am committed to this goal for _____ (length of goal).

Commitment	Example (goal/intention)	Your goal/intention	Goal date of completion
I will...	Be diligent to keep this detox journal and staying on track		
I will begin...	(Today's date)		
Tools I will use to help me...	This journal, the food list, and all other SD materials provided in my program		
What are some things that hold me back?	Friends who have unsupportive bad habits, not preparing my meals, fast food stores, etc.		
What do I need to do NOT to be tempted?	Pack my lunch and snacks, stay away from fast food, have food prepped		
I am committed to...	To myself, my accountability partner, and the FB Sugar detox accountability group (VIP members)		

 **Sugar Detox Journal**

Say Cheese

On the next two pages, you will be taking before and after pictures. Make sure you are in a form-fitted shirt and pants so you can gauge your true progress on this detox.

Please also take your measurements of your bust, waist, neck, and weight.

SB Sugar Detox Journal

<p>Before (frontal picture)</p>	<p>After (frontal picture)</p>
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Waist _____ Weight _____

Bust _____ Neck _____

Waist _____ Weight _____

Bust _____ Neck _____

SB Sugar Detox Journal

<p>Before (profile picture)</p>	<p>After (profile picture)</p>
---------------------------------	--------------------------------

Waist _____

Weight _____

Waist _____

Weight _____

Bust _____

Neck _____

Bust _____

Neck _____

SB Sugar Detox Journal

<p>Before (up close face profile picture)</p>	<p>After (up close face profile picture)</p>
---	--

Waist _____

Weight _____

Waist _____

Weight _____

Bust _____

Neck _____

Bust _____

Neck _____

SB Sugar Detox Journal

<p>Before (up close face frontal picture)</p>	<p>After (up close face frontal picture)</p>
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Waist _____

Weight _____

Waist _____

Weight _____

Bust _____

Neck _____

Bust _____

Neck _____

Sugar Detox Journal

Week 1 Sugar Detox Checklist

- Read through the entire journal.
- View Supplemental videos on “Mindset” this week.
 - Do the activities in videos/journal. The more you do the better prepared you will be for week 2.
- Take the test to determine if you will use the Beginner, Intermediate, or Advanced Program Food List
- Pantry cleanout
 - Remove or place out of eyesight all “NOT RIGHT NOW FOODS”
 - Stock pantry with Power and Limited Quantity Foods
- Review the meal portion recommendations
- Begin thinking about a meal plan for this next week to include snacks. We will begin implementing your meal plan in week 2.
- Mindset
 - Choose your accountability partner
 - It helps to do this detox with a friend. Think of a friend you would like to join you along this journey or ask someone you've connected with in the Sakinah B. community.
 - Develop tough skin
 - Eliminate the setbacks of your mindset/attitude
 - Find Support (**we offer more in-depth professional support @sakinahbunch.com**)
 - Block out others thoughts
 - Work to overcome your fear of failure

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 **Sugar Detox Journal****Week 1 Mission 1:**

Begin each day this week with an 8oz cup of hot water and a thin lemon slice. Do this before you consume anything else. Yes, even before your morning cup of coffee. Make sure to wash the lemon off well before boiling it in the water. If you like a li le sweetness to your water, feel free to add a cinnamon stick.

Purpose:


The purpose of this is to begin each day making your liver happy. We use lemon to start the day because it is a natural detoxifier. The warmth of the water kicks your digestive system into gear. If you are trying to lose weight this also tricks your stomach into thinking you are eating, you feel fuller faster, and it lessens your cravings as well. This will come in handy later in the detox too.

Sugar Detox Journal

Week 1 - Day 28 – Mindset

Video - Supplemental Mindset

In the video, I talk about the importance of your mindset when challenging yourself with any type of detox program. Jot down some of your feelings going into this detox?

What is your **Why?** What do you hope to accomplish? Be specific. The more specific you are the closer you will be to attain it. Focus is key! Feel free to share your why with us on the group  [Sugar Detox FB Page](#)

How do you feel about embarking on this detox?

Sugar Detox Journal

Week 1 - Day 28 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 1 - Day 28 – Mindset

Never lose sight of your **Why!**

Your **why** will carry you successfully through each day of this detox. Remember to drink warm water with lemon before you consume any other food or beverage. You can continue to eat as you normally would after that. Remember today we are working on mindset, so no food is off-limits.

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 1 - Day 27 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 1 - Day 27 – Mindset

Video - Supplemental Mindset

Each day we have added the “**Good Morning Mindset**” to your journal. The importance of this is to help you focus on positive thoughts starting out your day. A positive focus starting your day is key to helping your mind reboot and allowing true and lasting transformation to occur. Make sure you don’t overlook this part of your daily mission. You will be glad in the long run that you did it.

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 1 - Day 26 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____


 SB Sugar Detox Journal

Week 1 - Day 26 – Mindset

Video - Supplemental Mindset

Your one word is to be filled out for the next day the night before. Like a computer, our minds have a million tabs open and totally focused on none. The “One Word” component of the journal affords laser focus and transformation in one area at a time. Your one word should bring more peace and concentration to your daily life.

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 1 - Day 25 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 1 - Day 25 – Mindset

Video - Supplemental Mindset

In the video, I talk about the mindset of cleaning out your kitchen and posting your “why” in your most frequented places. Decide today where those places will be. Begin cleaning out the “Not Right Now” foods so you can make room for the “Power” foods.

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 1 - Day 24 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

Sugar Detox Journal

Week 1 - Day 24 – Mindset

Video - Week 1

Now is the time to make sure to take your before pictures before it's too late!

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal**

Week 1 - Day 23 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 1 - Day 23 – Mindset

Video - Week 1

In the video, I speak about why the **SB Sugar Detox Program** works. As you are preparing your menus for this coming week. Take a look at the nutrition pages (p.31-39) and use them as a guide to creating nutritionally balanced meals. Doing your best to rotate the foods used for your proteins, fiber, carbs, and fat. Remember protein and healthy fats along with fiber will help you feel fuller longer.

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 1 - Day 22 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 1 - Day 22 – LET'S HIT THE GROUND RUNNING!

Video - Mindset & Journal Overview

As you continue to prepare your menus for the coming week (remember failing to plan is planning to fail), feel free to share a day’s meal plan with the [Sugar Detox Community](#). We would love to hear from you. **Ask for feedback from the group to make sure you have your macronutrients covered (protein, healthy fats, fiber, carbs).** Continue to ready your pantry and fridge for week 2. *Don't forget to check off week 1's checkoff list (p. 13).*

One Word _____

Food

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal** **Sugar Detox Meal Plan Indicator**

1. I think of food
 - a) Occasionally, if I am hungry.
 - b) When I wake up and periods throughout the day
 - c) I think about food all the time even when I am not hungry
2. I eat mostly (choose no more than 2)
 - a) Meat, veggies
 - b) Pasta, bread, legumes, potatoes
 - c) Bread, bread-based pastries, pasta
 - d) Fruit/veggies
 - e) Cookies
 - f) Cakes, ice cream anything sweetened
3. I sleep without waking up about (choose the answer closest to your truth)
 - a) 8 hours a night
 - b) 3 hours a night
 - c) 10 hours a night
 - d) I wake up at random hours throughout the night

Tally your answers. If your answers are mostly A- Advanced B-Intermediate C- Beginner

Sugar Detox Journal

Meal Serving Size Recommendations for the Sugar Detox Program

Beginner

- Protein – 4 ounces
- Healthy fats – 1-2 Tbsp
- Non-starchy veggies - 1-2 cups
 - Optional items
 - Dairy - ½-1 ounce
 - Starchy veggies/nongluten grains/legumes – ½-1 cup
 - **Active? Eat an extra ½-1 cup starchy veggie**

Intermediate

- Protein – 4 ounces
- Healthy fats – 1-2 Tbsp
- Non-starchy veggies - 1-2 cups
 - Optional items
 - Dairy - ½-1 ounce
 - Starchy veggies/nongluten grains/legumes – ½ cup
 - **Active? Eat an extra ½-1 cup starchy veggie**

Advanced

- Protein – 4-6 ounces
- Healthy fats – 1-2 Tbsp
- Non-starchy veggies - 1-2 cups
 - Optional items
 - Starchy veggies – ½ cup
 - **Active? Eat an extra ½-1 cup starchy veggie**


 SB Sugar Detox Journal

Veggie	Serving Size	Carb (g)	Fiber (g)
Starchy Veggies			
Cassava (raw)	¼ cup	20	1
Corn (cooked)	½ cup	16	2
Parsnips	½ cup	13	3
Potato, baked (with skin)	5 oz	29	3
Potato boiled (all kinds)	3 oz	16	1
Homemade fries (baked)	2 oz	17	2
Pumpkin (canned)	¾ cup	15	5
Squash (winter baked)	1 cup	18	6
Sweet potato (plain)	3 ½ oz	21	3
Yam (cooked)	2 ½ oz	19	3
Yucca (raw)	½ cup	39	2
Nonstarchy Veggies			
Artichokes	1 cup	15	8
Asparagus	½ cup	4	2
Bamboo shoots (cooked)	1 cup	2	1
Beets (cooked)	½ cup	8	2
Bitter melon (cooked)	1 cup	5	3


 The logo features a stylized 'SB' monogram in a reddish-pink color, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.

Nonstarchy Veggies	Serving Size	Carb (g)	Fiber (g)
Broccoli (cooked)	½ cup	6	3
Brussel sprouts (cooked)	½ cup	6	2
Cabbage (cooked)	½ cup	4	1
Carrot sliced (cooked)	½ cup	6	2
Cauliflower (cooked)	½ cup	3	1
Celery (cooked)	1 cup	6	2
Chayote (cooked)	1 cup	8	5
Collard greens (cooked)	1 cup	11	8
Cucumber (raw)	½ cup	2	0
Eggplant (cooked)	1 cup	9	3
Green onions & scallions (chopped)	½ cup	4	1
Hearts of palm (canned in water not oil)	1 cup	7	4
Jicama (raw)	1 cup	11	6
Kale (cooked)	1 cup	7	3
Kohlrabi (cooked)	1 cup	11	2
Leeks (cooked)	1 cup	8	1
Lettuce (green leaf)	1 cup shredded	1	1


 The logo features a stylized 'SB' in a pink, cursive font, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.

Nonstarchy Veggies	Serving Size	Carb (g)	Fiber (g)
Mixed veggies (w/o legumes or starchy veggies)	½ cup	12	4
Mushrooms (sliced, stir-fried)	½ cup	2	1
Okra (cooked)	½ cup	4	2
Olives (canned)	8 olives	2	1
Olives (pickled green)	10 olives	1	1
Onions (cooked)	½ cup	11	2
Peppers (green, red, cooked)	1 cup	9	2
Radishes	½ cup	2	1
Rutabaga (cooked)	½ cup	6	2
Sauerkraut (canned)	½ cup	3	2
Spaghetti squash (cooked)	1 cup	7	2
Spinach (cooked)	1 cup	7	4
Squash (summer, raw)	½ cup	2	1
Swiss Chard (cooked)	½ cup	4	2
Tomatoes (canned)	½ cup	9	2
Tomato (ripe)	1 cup	7	2
Turnips (cooked)	½ cup	4	2


 SB Sugar Detox Journal

Meat/Fish	Serving Size	Protein (g)	Fat (g)
Beef (ground 90% lean 10% fat, cooked)	1 oz	8	3
Buffalo (cook roasted)	1 oz	8	1
Chicken (roasted)	¼ cup	10	3
Chicken (ground, cooked)	1 oz	7	3
Clams (raw)	1 oz	4	0
Cod (raw)	1 oz	5	0
Cornish hen (cooked)	1 oz	7	1
Crab (raw)	1 oz	5	0
Egg substitutes (fat-free)	¼ cup	6	0
Egg whites	2	7	0
Fish whiting (cooked)	1 oz	7	0
Oysters (fresh)	6 oysters	5	1
Pork (Canadian bacon, uncooked)	1 oz	6	1
Pork (cured, lean, ham)	1 oz	5	2



Meat/Fish	Serving Size	Protein (g)	Fat (g)
Pork (loin, cooked)	1 oz	7	1
Roast beef	½ oz	3	1
Sardines (canned in oil)	1 oz	6	3
Smoked salmon (lox)	1 oz	5	1
Tilapia (raw)	1 oz	6	0
Trout (raw)	1 oz	6	2
Tuna (canned in water)	1 oz	6	0
Turkey (ground cooked)	1 oz	9	1
Veal cutlets	1 oz	6	1
Venison (lean cooked)	1 oz	8	1
Nuts/seeds	Serving Size	Protein (g)	Fat (g)
Almonds	6 nuts	2	4
Brazil nuts	6 nuts	4.3	19
Cashew (dry roasted)	1 Tbsp	1	4
Flaxseed (ground)	1 ½ Tbsp	2	4
Hazelnuts	5 nuts	1	4
Macadamia (dry roasted)	¼ oz	1	5
Pine nuts	10 nuts	0	1



Nuts/seeds (cont.)	Serving Size	Protein (g)		Fat (g)	
Nut butters (almond, cashew)	1 tbsp	2		8	
Pecans	¼ oz	1		5	
Pistachios (dry roasted)	16 pieces	2		5	
Pumpkin seeds	½ oz	2		5	
Walnuts (English)	½ oz	2		9	
Dairy	Serving Size	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)
Almond milk (unsweetened)	1 cup	1	3	8	1
Coconut milk	¼ cup	1	14	3	1
Cow milk	1 cup	8	8	12	0
Goats milk	1 cup	9	10	11	0



Sugar Detox Journal Craving Food Swaps

Food	Swap Option
Bread	Large Green Leafy veggies – kale, lettuce, spinach, romaine lettuce (any lettuce), collards, cabbage
Crackers	Nut based crackers or make your own from nuts and seeds
Cereal	Nuts, seeds, green bananas, green apples
Granola	Nuts, nut butter, green banana chips, coconut oil, seeds
Dairy	Nut-based unsweetened milk, nut-based cheese
Pancakes	Pumpkin, sweet potato, green banana
Pasta, rice	Spiralized zucchini, carrots, spaghetti squash, riced cauliflower
Protein Powders	Only 1 ingredient powders
Soy sauce/tamari sauce	Coconut aminos, balsamic vinegar
Sweetener	Fruit on the list (green apples, bananas), sweet potatoes, pumpkin, parsnips, onions

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Macronutrient Recommendations

Fiber

- According to WebMD, a good source of fiber will have 2.5g - 4.9 g per serving
- At a minimum, a woman should receive at least 25g, a man should receive 30g daily.
- Check chart for fiber-rich foods

Protein (these are the minimum standards)

- Multiply your weight in pounds by 0.36 (for a sedentary lifestyle)
- Ex. 140 lb. sedentary person would need 50.4g of protein
- Check chart for protein-rich foods

Healthy Fat

- According to the Cleveland Clinic, in a 2,000-calorie eating style, you will need 44-77g of healthy fat daily

Carbohydrates

- We are not going to be counting carbs. The above levels are listed to give you a guide and help you create meals that are satisfying. The above recommendations are for reference purposes only.

The above-recommended servings are for sedentary lifestyles. For **active lifestyles, larger serving sizes may be necessary. If you have kidney disease or other health issues where higher levels of protein, fiber, fat, and lower levels of carbohydrates, would be a factor please consult your physician for guidance. Salt can be omitted.*

Sugar Detox Journal

Week 2 Sugar Detox Checklist

- Go through Week 2 journal pages
- View week 2 video, “Let’s Hit the Ground Running”
- Do the activities in video/journal
- Choose recipes for your program level (Beginner, Intermediate, or Advanced)
- Pantry cleanout
 - If you haven’t already, remove or place out of eyesight all “NOT RIGHT NOW FOODS”
- Stock pantry with Power and Limited Quantity Foods
- Review the meal portion recommendations
 - Create a meal plan for the week to include snacks ([recipes](#) and [supplemental](#) guide)
- Nutrition
 - Are you drinking enough water (divide your body weight by 2, drink that in ounces)?
 - Are you getting enough fiber and protein at each meal? (See page 39)
 - Are you getting enough (too much) healthy fats and carbs? (See page 39)
- Remember your “Why” and affirmations each day. These are your fuel.

 **Sugar Detox Journal****Week 2 Mission:**

Focus on the foods you can eat and not the ones you cannot. Seek foods that are high in fiber (see chart p. 32-34)

Purpose:

This is called “crowding”. When you focus on the enjoyable foods you can eat, it crowds out the foods that you should not eat and makes it easier to displace the unhealthy or non-beneficial foods with the ones that will give you energy and life.

High fiber foods will help you avoid becoming constipated. This week water and fiber will be your friend. Fiber also helps to flush out toxins from your body. That is our focus after all. So, go to the chart and make sure you have a good source of fiber for each meal.

Sugar Detox Journal

Week 2 - Day 21 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 2 - Day 21 – LET'S HIT THE GROUND RUNNING!

Video - Let's Hit the Ground Running: The Importance of Fiber and Water

It is finally here. You've got this. Remember this is truly mind over matter. Exercise can be your friend. Although we don't cover that this week, keep in mind you can turn to exercise to comfort in lieu of food. Be prepared with snacks (but not too many), when you are feeling hungry, drink a full 8-10oz glass of water first to see if it is truly hunger or just displaced thirst. As you create your meals and snacks, take pics and **ask for feedback from the group to make sure you have your macronutrients covered.**

One Word _____

Food - Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 2 - Day 20 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 2 - Day 20 – LET’S HIT THE GROUND RUNNING!

Video – Let’s Hit the Ground Running: The Importance of Fiber and Water

In the video, I talk about the importance of **fiber and water** in your diet. How much water do you need to drink for optimal regularity? What are some foods you will incorporate to add fiber and support digestion in your daily routine? Share your favorite fiber foods in the FB **Detox Sugar** Community.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 2 - Day 19 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____


Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

Sugar Detox Journal

Week 2 - Day 19 – LET'S HIT THE GROUND RUNNING!

Video – Let's Hit the Ground Running: The Importance of Fiber and Water

Snacks are vital to survival. When detoxing you always want to stay on top of your hunger. No hangry individuals here. How do we keep our hangry woman/man at bay? Having  Sugar Detox power snacks on hand ALWAYS! Keep a stash in the car, in your bag, in your desk, anywhere necessary. We won't tell (smile).

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

The logo features a stylized 'SB' monogram in a pinkish-red color, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.**Week 2 - Day 18 – Good Morning Mindset**

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

Sugar Detox Journal

Week 2 - Day 18 – LET’S HIT THE GROUND RUNNING!

Video – Let’s Hit the Ground Running: The Importance of Fiber and Water

Let’s talk fats, healthy fats that is. The flavor is in the fat. But too much will indeed have you packing on the pounds. Reacquaint yourself with the portion sizes (p. 31-39). Always make sure to start with the healthy greens and build your plate around that.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 2 - Day 17 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 2 - Day 17 – LET’S HIT THE GROUND RUNNING!

Video – Let’s Hit the Ground Running: The Importance of Fiber and Water

Generally, around this time is when you may begin feeling withdrawal symptoms. Remember sugar is a drug. But no need to fear. You came to this thing to win and beat your sugar addiction. Check out the substitution list in this journal (p. 38) to help you get over the hump. During this time is when you need your accountability partner most. We are here for you as well to give you recipes and pointers that have worked for many successful detoxers in the past. If you are in need of an extra boost, feel free to upgrade to our [one-on-one coaching sessions](#). Payment options are available.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 2 - Day 16 – Good Morning Mindset – Are you remembering your WHY?

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 2 - Day 16 – LET’S HIT THE GROUND RUNNING!

Video – Let’s Hit the Ground Running: The Importance of Fiber and Water

We focused on the healthy fats, fiber, and water, now it is time to hone in on the protein. Protein=fuel in this detox. In order to keep your energy up, you will need healthy organic sources of protein. What is your favorite source of protein? Hint: There are other sources than meat.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal**

Week 2 – Day 15 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 2 - Day 15 – LET’S HIT THE GROUND RUNNING!

Video - Let’s Hit the Ground Running: The Importance of Fiber and Water

Our last macronutrient is carbohydrates. Carbs have gone on a bad rap over the years. At SB we believe everything in healthy moderation. Check out the healthy carbs on the macronutrient list. Have fun with these. Hint: root vegetables are some of the sweetest. Peruse the **Sugar Detox Recipe list** for sweet treats. **Share with us your favs. Pictures get you bonus points. Don’t forget to check off your week 2 check-off list (p. 40).**

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 3 Sugar Detox Checklist

- Go through Week 3 journal pages.
- View week 3 video “Slow and Steady Wins the Race”.
 - Do the activities in video/journal.
- Choose recipes for your program level (Beginner, Intermediate, or Advanced)
- Check to see if you need to restock the kitchen with Power and Limited Quantity Foods
- Review the meal portion recommendations
 - Create a meal plan for the week to include snacks ([recipes](#) included in [supplemental](#) guide)
- Nutrition
 - Are you drinking enough water (divide your body weight by 2, drink that in ounces)?
 - Are you getting enough fiber and protein at each meal? (See page 39)
 - Are you getting enough (or too much) healthy fats and carbs? (See page 39)
- Remember your “Why” and affirmations each day. These are your fuel.

Sugar Detox Journal

Week 3 - Day 14 – Good Morning

Mindset Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 14 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

You just finished week two and are about to embark on Week 3. Guess what? **You are halfway through your detox.** Give yourself a round of applause. You are doing this thing. Don't worry if you had a hiccup or even fell into a sugar ditch last week, this is a new week. Let's take it by storm. Remember you are victorious. How do you feel? You should be proud of yourself. You deserve a non-food-related reward. How will you reward yourself today? Remember to watch this weeks video and jot down questions you have to ask in the group.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 3 – Day - 13 – Good Morning

Mindset Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 13 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

In the video, I talk about the importance of pacing yourself and taking each day as it comes, as well as the importance of exercise and self-care. How will you exercise this week? How will you care for yourself this week? You have reached the **halfway point. Congratulations!!!** Enjoy your time, your food, your mindset. Remember, my friend you are **VICTORIOUS!**

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal**

Week 3 – Day - 12 – Good Morning

Mindset Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 12 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

Review the video, then practice self-care this week. Create a quiet space for you to be spiritually lifted and relaxed. Your mind and spirit are just as important as your physical body. Remember make time for those parts of you as well. You are doing great! Post your win this week in the group to encourage others and so we can cheer you on.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____


 The logo features a stylized 'SB' monogram in a pink, cursive font, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.

Week 3 – Day - 11 – Good Morning

Mindset Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 11 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

What did you do for self-care yesterday? What did you do for your spirit? Your mood can be highly dependent on the food that you eat. If you are feeling happy take a look through your journal and see what you have been eating and continue. If you are feeling crappy (a.k.a. sad, angry, depressed, anxious), again, it can be linked back to your food. You may want to adjust what's on the menu. Don't forget your **Why?**

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

SB Sugar Detox Journal

Week 3 – Day - 10 – Good Morning

Mindset Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 10 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

What exercises have you done? Do you have more energy from yoga type exercises or cardio? What about it did you enjoy? Not enjoy? **Share with the Community to encourage others as well** as yourself.

Bonus points are given if you submit a pic of you exercising. It is important to reward yourself when you have completed what you first have begun. Think about and jot down what will be your reward. How will you feel after receiving it?

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____



SB Sugar Detox Journal

Week 3 – Day 9 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 9 – SLOW AND STEADY WINS THE RACE.

Now is the time to think about maintaining all of the success you have achieved. What are your plans for ongoing support? As we've seen we heal in a community that seeks healing. Knowledge, consistency and relationships are power. I challenge you to explore my personal coaching to maintain your progress and move you on to your next goal. All participants of the 28-day **are invited to the 30-day concierge program or to upgrade to the 90-day Reset coaching program, plus 1 month of iHeal free, and priority placement in the next retreat.**

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 3 – Day - 8 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 3 - Day 8 – SLOW AND STEADY WINS THE RACE.

Video – Slow and Steady Wins the Race: The Importance of Moving Your Body

You are doing great! Keep it up. You are almost there! Make sure you are taking time to reward yourself. Even something as small as being able to watch your favorite show on television is a reward. Don't forget to check off your week 3 check-off list (p. 56).

One Word _____

Food – Meal Plan

Breakfast

_____ Lunch

_____ Dinner

_____ Snacks

_____ Drinks

_____ Mood/

Energy Level _____ Highs/

Lows of the day _____ What

would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 4 Sugar Detox Checklist

- Go through Week 4 journal pages.
- View week 4 video “You are in the Homestretch Now”.
- Do the activities in video/journal.
- Choose recipes for your program level (Beginner, Intermediate, or Advanced)
- Check to see if you need to restock kitchen with Power and Limited Quantity Foods
- Review the meal portion recommendations
- Create meal plan for the week to include snacks
- Nutrition
 - Are you drinking enough water (divide your body weight by 2, drink that in ounces)?
 - Are you getting enough fiber and protein at each meal? (See page 39)
 - Are you getting enough (too much) healthy fats and carbs? (See page 39)
- Remember your “Why” and affirmations each day. These are your fuel.

 **Sugar Detox Journal****Week 4 Mission 4:**

This is the week you begin to really think about life after the detox. Consider how you will reward yourself for all of your hard work and progress. Now is the time to assess how you will sustain that progress and continue to increase your detox and weight loss efforts?

Purpose:

When you work toward a goal there should be rewards along the way. When you reward yourself, your brain gets into the habit of being stimulated by the goal achievement reward cycle. To your brain it is the same as a sugar high. The more you reach your goals and the more you follow that with a reward, the more your brain experiences that high. Life in the Sakinah B. Community is great. It has been a place for you to heal these past 3 weeks. Having like-minded people walking this health road with you is very important. Creating a plan now, will give you a safety net and ensure that you will continue to taste the fruit of your labor.


 The logo features a stylized 'SB' monogram in a pinkish-red color, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.

Week 4 Day 7 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____


 The logo features a stylized 'SB' in a pink, cursive font, followed by the words 'Sugar Detox Journal' in a green, sans-serif font.

Week 4 - Day 7 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

Give yourself a round of applause and a huge hug. You are in the homestretch now. No, it is not time to relax. This is the week you will be tempted more than ever to eat a food on the NOT RIGHT NOW list. You are strong, my friend. Be strong. You can do this! You can finish even more VICTORIOUS than you are now!

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 4 – Day 6 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____


 The logo features a stylized 'SB' in a red, cursive font to the left of the text 'Sugar Detox Journal' in a green, sans-serif font.

Week 4 - Day 6 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

As you complete this detox, identify with your yourself and continue to keep your WHY at the forefront. This detox is not just about cleaning out the toxins in your gut. The biggest toxin we ever deal with never goes into our mouths. The biggest toxin takes root in our brains. It is the negative self-talk we give ourselves every day. What are three encouraging truths you can tell yourself today?

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____



SB Sugar Detox Journal

Week 4 Day 5 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____


 SB Sugar Detox Journal

Week 4 - Day 5 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

Are you kidding me??? You are only a few days away from pure VICTORY. You have this in the bag my friend. Think of friends you know who would love to feel as liberated as you do from sugar? Jot down their names. Give them a call. You are the walking billboard they need to find the health and freedom they seek.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 4 – Day 4 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____


 The logo features a stylized 'SB' in a pink, cursive font, followed by the words 'Sugar Detox Journal' in a green, sans-serif font.

Week 4 - Day 4 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

It is important to reward yourself when you have completed what you first have begun. Think about and jot down what will be your reward. How will you feel after receiving it? Now is the time to think about maintaining all of this success you have achieved. Check your email this week for options to assist you in maintaining your progress from this detox. Have questions? Feel free to message me and we can chat.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal**

Week 4 Day 3 – Good Morning Mindset

Gratitude – What are you grateful for today?

- 1. _____
- 2. _____
- 3. _____

Negative – What negative talk do you need to wash off and let go of?

- 1. _____
- 2. _____
- 3. _____

Affirmations – What are some positive words you will speak to yourself today?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

- 1. I intend to _____
I will accomplish this by _____
- 2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 4 - Day 3 – YOU'RE IN THE HOMESTRETCH NOW

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

The importance of rewards is so important it had to be mentioned again. If you didn't do so yesterday, today take time to think about and jot down what your reward will be and with whom you will celebrate. Will you set aside time to do your own pampering session? If you need ideas message me, I'll send you my "Frugal Girl's Guide to Self-Care". Will you spend some time with a dear friend or family member, or will you just read a long awaited book?

Of course, friends don't let friends detox alone, so who are YOU cheering for so they will make the decision to detox for THEIR health? Have you considered life after the detox? Send me a message I would love to hear your plan so I can cheer you on.

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____


 The logo features a stylized 'SB' monogram in a reddish-pink color, followed by the text 'Sugar Detox Journal' in a green, sans-serif font.

Week 4 – Day 2 – Good Morning Mindset Gratitude

What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

Sugar Detox Journal

Week 4 - Day 2 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: The Rewards are Just Around the Corner

Keeping our minds focused on a goal is the surest way to keep up the positive momentum. Encouraging your fellow detoxers is another. Post an encouraging word and a personal detox win in the group today. Comment on someone else's post to cheer them on. Hopefully, from this detox you have lost some things (unwanted weight, joint pain, cravings) and gained so much more of what matters (relationships, knowledge, your memory, haha).

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

Sugar Detox Journal

Week 4 Day 1 – Good Morning Mindset

Gratitude – What are you grateful for today?

1. _____
2. _____
3. _____

Negative – What negative talk do you need to wash off and let go of?

1. _____
2. _____
3. _____

Affirmations – What are some positive words you will speak to yourself today?

1. _____
2. _____
3. _____
4. _____

Intentions – What active steps will you take today to increase your health and quality of life?

1. I intend to _____
I will accomplish this by _____
2. I intend to _____
I will accomplish this by _____

SB Sugar Detox Journal

Week 4 - Day 1 – YOU'RE IN THE HOMESTRETCH NOW!

Video – You are in the Homestretch Now: It is time to CELEBRATE!!!

It is time to CELEBRATE! Kudos to you. You have completed what you have begun. I applaud you. You have just proven what I have been telling you all along. You were “ALREADY VICTORIOUS!” Today you proved it to yourself. Now, it is time for you to applaud yourself. What will be your reward? What will be your next challenge? Share with the Community. *Don't forget to check off your week 4 check list (page 71).*

One Word _____

Food – Meal Plan

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Mood/Energy Level _____

Highs/Lows of the day _____

What would you like to do differently tomorrow? _____

 **Sugar Detox Journal**

Are you kidding me???

You just completed a SUGAR DETOX!!!! **You Rock!** Victory is yours, my friend. Think of friends you know who would love to feel as liberated as you do from sugar? Jot down their names. Give them a call. You are the walking billboard they need to find the health and freedom they seek.

Now that you have completed this detox, reward yourself (non-food is best) and continue to keep your WHY at the forefront. This detox is not just about cleaning out the toxins in your gut. The most potent toxin we ever deal with never goes into our mouths. The most significant toxin takes root in our brains. It is the negative self-talk we give ourselves every day. What are three encouraging truths you can tell yourself today?

It is essential to reward yourself when you have completed what you first have begun. Think about and jot down what will be your reward. How will you feel after receiving it? Now is the time to think about maintaining all of the success you have achieved. Contact me for information on [personal coaching](#) to maintain your progress and move on to your next goal. All participants of the 28-day plan are invited into the 30-day concierge program or upgrade to the 90-day Reset program. Click here for more info.

SB Sugar Detox Journal

You did a magnificent job in completing this *SB* Sugar Detox Program. I know it was not easy. Let's take some time to reflect.

What was your biggest success?

What was your biggest hindrance? What did you do to overcome this?

The logo for 'Sugar Detox Journal' features a stylized 'SB' monogram in a reddish-pink color, followed by the words 'Sugar Detox Journal' in a green, serif font.

Ready to **smash** your next goal...MAINTENANCE???

Now that you have begun to rid your body of inflammation, brain fog, fatigue, and insomnia, now what's next? Maintaining your gains is of the utmost importance. It will assist you with:

- Minimizing or eliminating food allergies
- Improving your relationship with food
- Maintaining your weight and health
- And so much more

Contact me, Sakinah S. Bunch, INHC. I would love to help you. I coach women to get to the heart of their goals and help them overcome many of their most pressing issues. Connect with me at www.sakinahbunch.com for your free consultation and let me help you **smash** that next goal!

CERTIFICATE OF COMPLETION

Holistic Coaching with Sakinah B. awards

for completing the Sugar Detox Program

Sakinah B.

SAKINAH BUNCH

Founder & Health Coach



DATE OF COMPLETION

 **Sugar Detox Journal****Footnotes**

“Healthy Fat Intake.” *Cleveland Clinic*, Cleveland Clinic, 28 Nov. 2014,

my.clevelandclinic.org/health/articles/11208-fat-what-you-need-to-know.

Zelman, Kathleen M. “Fiber: How Much Do You Need?” *WebMD*, WebMD, 7 Apr. 2016,

www.webmd.com/diet/guide/fiber-how-much-do-you-need.

Today is the first day of the
rest of your life.

You, my friend, are
VICTORIOUS!