

7 DAYS TO STOP SUGAR

Printable Daily Tracker To Monitor Your Food & Mood

RACHEL MEYERS | THE BUSY MOM HEALTH COACH



YOU GOT THIS!

I'll be in touch via email to see how you're doing with the 7 day program. Each day you will get an email with instructions on what to do that day.

Please don't hesitate to contact me if you have any questions or need some support along the way. I offer 1:1 coaching at a reasonable rate to help you in any way you need!

I'd also love to see photos of your progress! Email me your photos or post your photos or stories on Instagram and tag my profile. I'm excited to see your results.

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PROGRESS TRACKER

Printable Daily Tracker For 7 Days to Stop Sugar



DAY 1 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day One

- Drink 64 oz of water
- Electrolytes in water 2x/day
- Food prep 15 min 2x/day
- No snacks - eat big meals
- Exercise after lunch or dinner
- Track food (I like Chronometer)



DAY 2 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Two

Keep doing day 1 stuff!

Eat dinner an hour early

Replace seed oils with healthy oil

Replace desserts with fat bombs

10 minutes of meditation

No screens 1 hour before bed



DAY 3 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Three

Keep doing day 1 & 2 stuff!

Increase organic greens

Incorporate an avocado

Make raw sprouted nut packs

Replace juice / soda with sparkling water w/lemon

Introduce yerbe mate in the AM



DAY 4 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Four

Keep up habits from day 1,2,3

Cravings - Use drinks (see email)

Cut out hidden sugars

Try a new vegetable

Reduce carbs (breads, rice)

Reduce processed food



DAY 5 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Five

Keep up on days 1,2,3,4

Come up with a food affirmation

Practice making a keto bread

Reduce starches (corn, potatoes)

Add in digestive enzymes

Do something fun!



DAY 6 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Six

Keep up on days 1,2,3,4,5

Make chia pudding

Introduce fiber

Prioritize 8 hours of sleep

Try supplements for
glucose management

Watch a comedy video



DAY 7 (Date)

Breakfast

Lunch

Dinner

Today I Am Feeling...

What to do on Day Seven

Keep up on days 1,2,3,4,5,6

Prepare in advance... (see email)

Find a healthy restaurant in your city

Decide in advance when / if you will 'cheat'

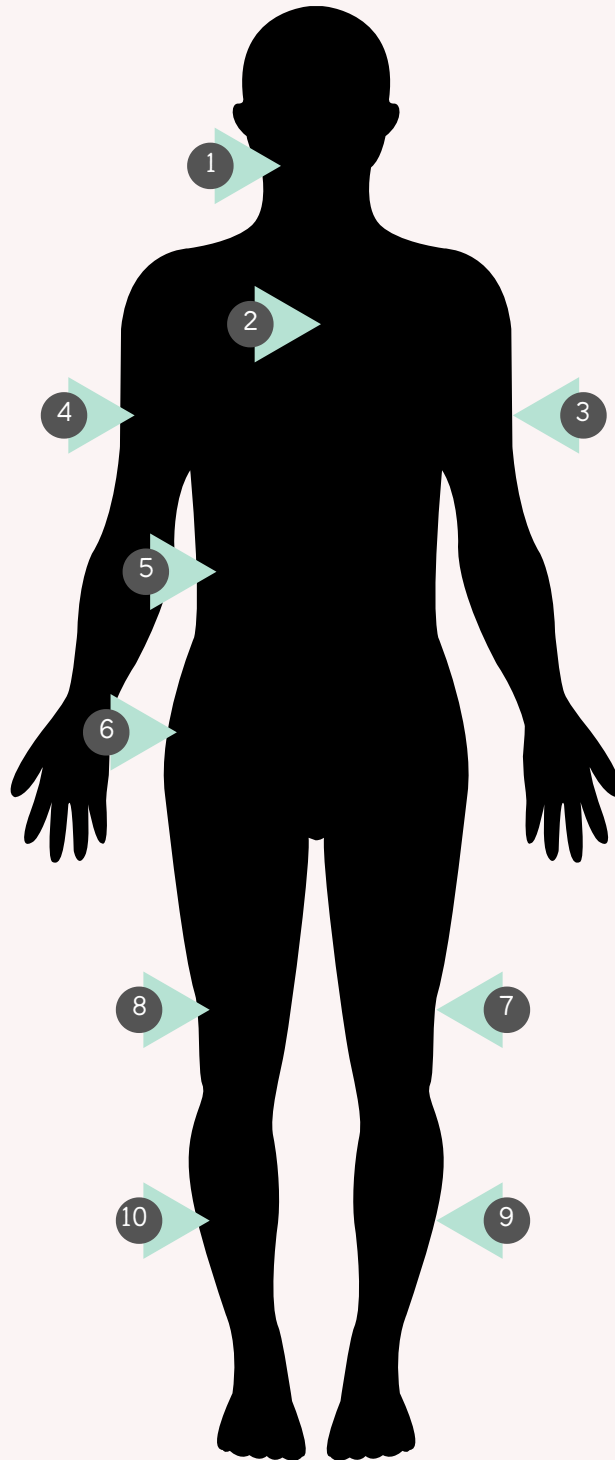
Celebrate!

Get 1:1 Coaching with Rachel to make this a long-lasting change



BODY MEASUREMENT

BEFORE		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	



AFTER		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	