

# Sugar Reset

A 7-day journey to balance and freedom with daily goals,  
mindful prompts, meals, hydration,  
movement, and mindset tools to help you reduce cravings,  
stabilize blood sugar, and feel more like YOU one step at a time.

# day 1

Date \_\_\_\_\_

Weight\* \_\_\_\_\_ Optional



## Notice your sugar cravings and triggers.

Today is about building awareness not changing habits yet.  
Just observe your patterns without judgment.

What emotion or situation usually triggers my craving for something sweet?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

☐ ☐ ☐ ☐ ☐ ☐

Water Balance (in Glass)

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



## Self Care

Sleep Cycle (Hours)

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Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)  
**I bring awareness to my habits with compassion.**

Things that make me happy today / How are you feeling today?

\*Record your weight only on Day 1 and Day 14 to see your progress





## Protein-Rich Breakfast

start your day with a protein-rich breakfast to stabilize blood sugar, curb cravings, and boost energy.

After today’s breakfast, how did my body feel? Did I notice a difference in my focus, energy, or cravings compared to other mornings?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

Water Balance (in Glass)



## Self Care

Sleep Cycle (Hours)

Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)

I fuel my body with intention, giving it the energy and balance it deserves.

Things that make me happy today / How are you feeling today?



## Prioritize Hydration

Aim to drink enough water throughout the day to support energy, digestion, and reduce cravings.

How did staying hydrated affect my hunger, mood, or energy today?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

☐ ☐ ☐ ☐ ☐ ☐

Water Balance (in Glass)

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## Self Care

Sleep Cycle (Hours)

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Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)  
**I nourish my body with water, keeping my energy flowing and my mind clear.**

Things that make me happy today / How are you feeling today?





## Check for Hidden Sugars

Read at least 3 food labels today and spot added sugars you might not expect.

What surprised me most about where sugar was hiding?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

☐ ☐ ☐ ☐ ☐ ☐

Water Balance (in Glass)

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



## Self Care

Sleep Cycle (Hours)

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Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)

**I choose awareness. Every label I read is a step toward taking control of my health.**

Things that make me happy today / How are you feeling today?



## Swap One Sugary Item

Swap one sugary item.  
Replace one sweet snack or drink today with a whole-food alternative.

How did my body and mood feel after making the swap?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

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Water Balance (in Glass)

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



## Self Care

Sleep Cycle (Hours)

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Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)  
**Every small swap is a step toward the healthier, more energized me I'm becoming.**  
Things that make me happy today / How are you feeling today?





## Move Your Body

Do at least one walking workout or gentle exercise to help balance blood sugar and boost mood.

How did I feel emotionally and physically after moving today?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

     

Water Balance (in Glass)

       


## Self Care

Sleep Cycle (Hours)

           

Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)

**Movement is my medicine. Every step I take supports my health and happiness.**

Things that make me happy today / How are you feeling today?



## Check Emotional Triggers

Notice when your sugar cravings are tied to emotions like stress, boredom, or comfort-seeking.

What was I really feeling the last time I wanted something sweet?



## Meal Log

Breakfast

Lunch

Snack / Smoothie

Dinner

Fruit & Veggies (amount)

Water Balance (in Glass)



## Self Care

Sleep Cycle (Hours)

Exercise

E.g. Cardio & Weights for 45 Mins

Affirmation (Read this out loud and feel it)  
**I acknowledge my emotions with kindness and choose ways to nourish myself that truly support my well-being.**

Things that make me happy today / How are you feeling today?



## A Note from Me to You

### Congratulations! You've completed the 7-Day Sugar Reset.

Whether you followed every step perfectly or simply showed up each day with the intention to try, that matters.

This journey was never about perfection. It's about awareness, small changes, and building trust with yourself. Over the last two weeks, you've...

- ♥ Chosen real, nourishing foods more often
- ♥ Learned to listen to your body's signals
- ♥ Noticed your cravings and understood their triggers
- ♥ Added habits that support stable energy and better mood

As you move forward, remember:

- ♥ You don't have to go "back to normal" if normal didn't make you feel your best
- ♥ You can keep using these tools, the meal ideas, the prompts, the awareness , for as long as you need
- ♥ Progress is built one choice at a time

I'm proud of you. ♥♥

This is just the beginning; your body, mind, and relationship with food will keep evolving in the best way if you keep showing up.

Keep listening. Keep nourishing. Keep moving.  
And remember you deserve to feel good every single day.

with love  
*Hhhfitbear*