

# Habit Change Log

Behavior Change:

Less Sugar!

Start Date:

Nov. 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1:			Bran muffin instead of donut	apple instead of cookie	whole wheat instead of white bread	popcorn instead of candy	apple sauce instead of sugar in baking
WEEK 2:	brown rice instead of white	oatmeal instead of cocoa puffs	banana instead of dessert	added whole wheat flour to bread	dried dates instead of candy	whole wheat instead of white bread	quinoa instead of bisquits

NOTES:

Aim to replace sugar with foods that have at least 3g fiber per serving