

SUGAR CRUSH

TICK OFF YOUR DAILY WINS AND GET MOVING WITH FEEL-GOOD WORKOUTS



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	1 Mile Walk <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	Fat Burn & Tone <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	1 Mile Walk <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>
Week 2	2 Mile Walk <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	Fat Burn & Tone <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	2 Mile Walk <input type="checkbox"/> Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>	Sugar Smashed! <input type="checkbox"/>

14 DAYS - 14 WINS!