



End of Detox Assessment

Module 7

In addition to the tracking you are going to do next week in your “End of Program” personal tracker, at the end of the detox phase it’s important to assess how you are feeling as this is likely the best you are going to feel during our program.

Complete the following sentences at the end of the 21-day Sugar Detox:

My weight is _____

My sugar cravings are _____

My body feels _____

My clothes feel _____

My sleep is _____

My head feels _____

My moods are _____

My digestion is _____

My energy levels are _____

Additional questions to contemplate:

What word would you use to describe how you are feeling? _____

What do you consider to be your biggest success or learning from the detox process? _____

Do you want to go back to eating sugar? _____

What aspects of the detox are you going to continue to adhere to going forward (i.e, lemon water in morning, no caffeine, less alcohol, no grains etc)? _____

What are the new whole foods habits you have developed (i.e preparing and being more organized, gotten away from bread products and have replaced things like sandwiches and toast with whole foods alternatives) _____

Are you ready to implement a whole foods lifestyle with the occasional sweet treat? _____

Facebook Post: *Hopefully you have achieved some great learnings and had some physical mental and emotional improvements during the detox process. We’d love to hear how you are feeling on the facebook page. Let’s celebrate your successes together!*