МОГУ БЕЗ САХАРА

21 день без САХАРА

*Меняем одну привычку, чтобы изменить жизнь.*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | ДЕНЬ | Совсем без сахара | Немного сахара | Много сахара | | 1 |  |  |  | | 2 |  |  |  | | 3 |  |  |  | | 4 |  |  |  | | 5 |  |  |  | | 6 |  |  |  | | 7 |  |  |  | | 8 |  |  |  | | 9 |  |  |  | | 10 |  |  |  | | 11 |  |  |  | | |  |  |  |  | | --- | --- | --- | --- | | ДЕНЬ | Совсем без сахара | Немного сахара | Много сахара | | 12 |  |  |  | | 13 |  |  |  | | 14 |  |  |  | | 15 |  |  |  | | 16 |  |  |  | | 17 |  |  |  | | 18 |  |  |  | | 19 |  |  |  | | 20 |  |  |  | | 21 |  |  |  | | ВСЕГО |  |  |  | |

ИТОГИ

|  |  |
| --- | --- |
| Количество дней – Совсем без сахара |  |
|  |  |
| Количество дней – Немного сахара |  |
|  |  |
| Количество дней – Много сахара |  |