

My Month Without Liquid Sugar

A simple record for making an invisible habit visible

Month: _____ Year: _____

MY GOAL FOR THIS MONTH _____

Examples: no more than 4 sweetened drinks for the entire month · or: at least 20 completely sugar-free days.

DAY	NO (clean)	YES (I had one)	WHICH ONE?
1	☐	☐	
2	☐	☐	
3	☐	☐	
4	☐	☐	
5	☐	☐	
6	☐	☐	
7	☐	☐	
8	☐	☐	
9	☐	☐	
10	☐	☐	
11	☐	☐	
12	☐	☐	
13	☐	☐	
14	☐	☐	
15	☐	☐	
16	☐	☐	

DAY	NO (clean)	YES (I had one)	WHICH ONE?
17	☐	☐	
18	☐	☐	
19	☐	☐	
20	☐	☐	
21	☐	☐	
22	☐	☐	
23	☐	☐	
24	☐	☐	
25	☐	☐	
26	☐	☐	
27	☐	☐	
28	☐	☐	
29	☐	☐	
30	☐	☐	
31	☐	☐	

TOTAL SWEETENED DRINKS THIS MONTH: _____

Instead of a sweetened drink, try...

- Fresh water with slices of lemon, cucumber, or mint.
- Sparkling water with a small splash of natural juice.
- Unsweetened herbal infusions: chamomile, peppermint.
- Coffee or tea without sugar, or with very little honey.
- Natural coconut water, in moderation.
- Whole fruit with a glass of water: filling, and not a sweet liquid.

A NOTE FROM THE PROFESSOR

This is not about being extreme or renouncing pleasure forever. Each box you mark as “clean” is a small, quiet victory over insulin resistance. Sugar can make us ill in silence; you, too, can reclaim your health—quietly, one day at a time.

— Orlando Cárcamo Berrío