

My Month Without Sugary Drinks

A simple log to make an invisible habit visible

Month: _____ Year: _____

MY GOAL THIS MONTH

Examples: no more than 4 sugary drinks all month · or: at least 20 completely clean days.

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

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

TOTAL SUGARY DRINKS THIS MONTH:

Instead of a sugary drink, try...

- Cool water with slices of lemon, cucumber or mint.
- Sparkling water with a splash of fresh juice.
- Unsweetened iced herbal teas: chamomile, spearmint.
- Unsweetened coffee or tea, or with just a little honey.
- Natural coconut water, in moderation.
- Whole fruit + a glass of water: it satisfies and isn't a sweet drink.

A NOTE FROM THE PROFESSOR

It's not about being radical or giving up pleasure forever. Every box you mark as "clean" is a small, quiet victory over insulin resistance. Sugar can make us sick in silence; you, too, can win back your health, quietly and step by step.

— Orlando Cárcamo Berrío