

Congratulations! You took the 21 Day Sugar Detox Challenge! Now what?

Day 

It's time to plan for DAY 22 & Beyond...

Because it's only an "idea" if it's not a plan.
True action requires a plan. What's yours?

PLANNING WORKSHEET

NAME



Please complete this worksheet
and return to your coaches at our
Apres 21 Day Workshop.

1. What level of the 21 DSD did you participate at for the past 21 days?

2. Please list 5 specific things you learned about yourself from this experience.

3. What did you find most challenging about this experience?

4. What did you find most rewarding?

Now to get down to **CREATING AN ACTION PLAN** for continuing the practice of **MINDFUL CHOICES** to **CREATE A HABIT** for **EATING WELL** and **HEALTHFULLY**.

In short, it's all about **PUTTING WHAT YOU LEARNED INTO ACTION** for **SUSTAINED CHANGE THAT YOU CAN MAINTAIN**.

When completing this, keep in mind that your actions must be **S.M.A.R.T.** They have to be something you can live with but that provide you with measurable results in your world.



Please tell us about your plan for the next 21 days of this program (to begin no later than 10/20/2014)

5. What foods will you add back in and in what amounts?

6. What foods have you found you can do without?

7. How will you handle alcohol?

8. **Is there a place for sugar in your diet, your body and your home? If yes, be specific about your allowed choices/amounts and how you will handle triggers should they develop. If no, explain how you will make no sugar a sustainable habit.**

9. **Are you keeping a food journal and will you continue to do so? If not, why not?**

10. **If you have lost weight and put it back on in the past, what specific thoughts allowed you to backslide.**

11. **Are you addicted to the scale and if so, can you try to let go of that? Why or why not?**

12. **How can you anticipate the "return to the familiar" and intervene for your own good? What support will you need?**

13. Do you have an accountability partner - if not, why not?

14. What type of exercise are you currently doing to support your healthy fat loss goals?

15. Is your workout calendar completed and on your calendar? Why or why not?

16. Do you feel like you know the best way to exercise for your maximal results?

Change is **INEVITABLE.**
Progress is **OPTIONAL.**

~ Tony Robbins