CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Overcoming Sugar Cravings



Reducing sugar cravings improves energy, mood, and long-term health. Use this checklist to manage and reduce your sweet tooth.

12 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Start Your Day with Protein**

Include a high-protein breakfast to stabilize blood sugar and reduce morning cravings.

EXAMPLE *Eggs with avocado or Greek yogurt topped with nuts and seeds.*

2 **Stay Hydrated**

Drink water regularly to prevent dehydration-induced cravings and support overall health.

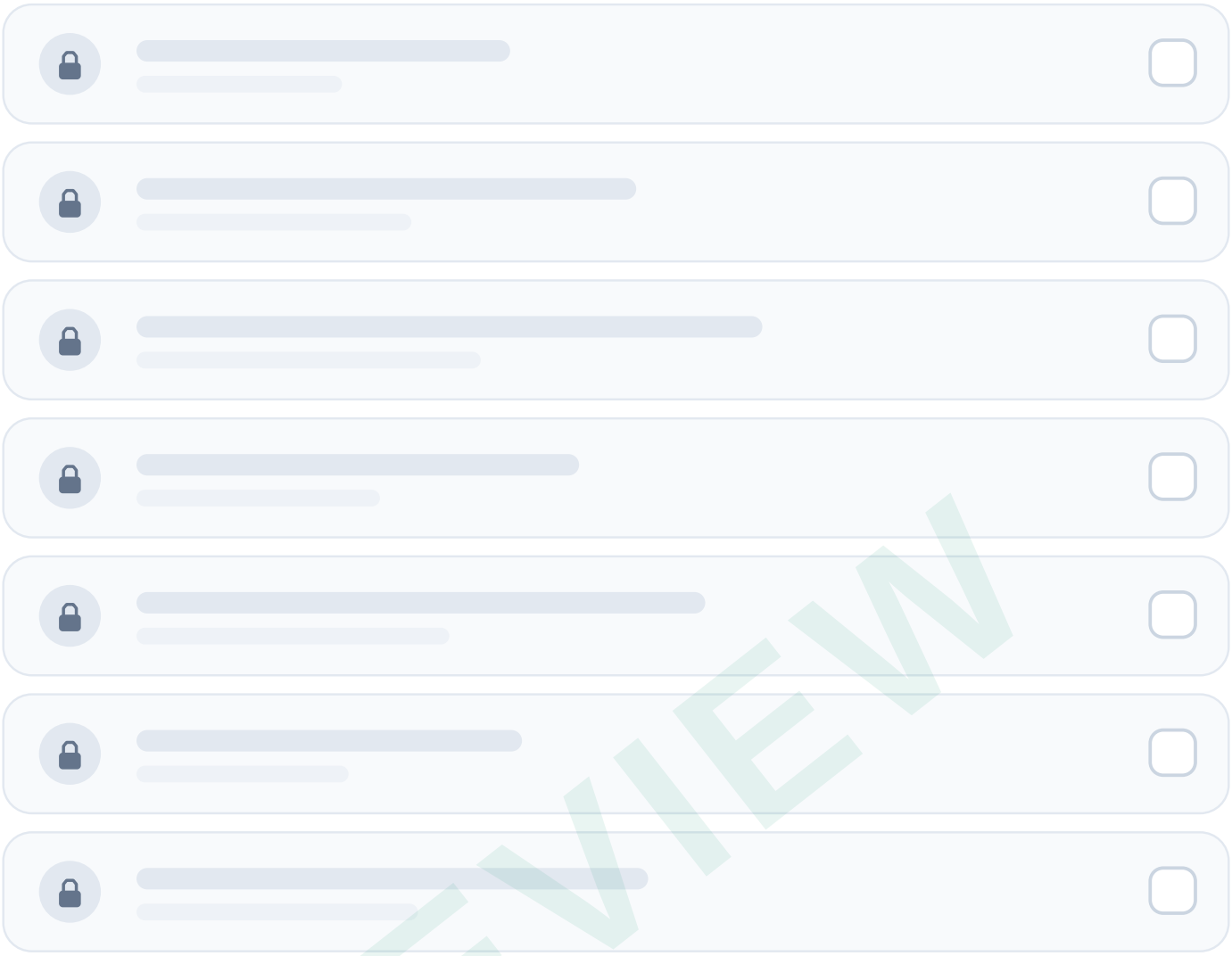
TIP *Add a slice of lemon or cucumber to your water for a refreshing twist.*

3 **Identify Triggers**

Notice when cravings hit and what emotions or situations might cause them, like stress or boredom.

TIP *Keep a journal to track patterns and discover alternative ways to manage triggers.*

PREVIEW



PREVIEW

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