

Sugar Free Fresh Start Course Checklist: Introduction

Content

Questions—Takeaways—Reflections

Stick to food plan? Non-scale victories? What do I want to review? Helpful tools? Other?

Introduction, ✓ DONE ____

Before You Start, ✓ DONE ____

[Entry Quiz](#) ✓ DONE ____

[Workbook](#) ✓ print ____ ✓ read ____

Clean out pantry ✓ DONE ____

Shop for favorite proteins, vegetables, fat ✓ DONE ____

NEW Tribe members SCHEDULE your FREE 20-min 1:1 coaching call! Email coursesupport@sugarfreemom.com if you need the link.

Notes: _____

