November Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

How did you do on limiting your daily sugar intake?
- [ ] Stayed the same
- [ ] Decreased slightly
- [ ] Reduced a lot
- [ ] Not sure

What steps did you take toward identifying sugar or sweeteners in your diet and limiting it?
______________________________

Did you notice anything as a result of this challenge related to your healthy, energy level, etc., including any of the symptoms which could be associated with being addicted to sugar?
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Is there anything you will keep in mind as a result of the challenge through your holiday celebrations?
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