

# THE SWEET ESCAPE

SUGAR-FREE CHALLENGE

## ABOUT

The Sweet Escape Challenge is a 30-day program that helps people break free of sugar addiction and embrace a healthier lifestyle. Our blend of community support, personalized tracking tools, and expert guidance allows participants to find the resources and encouragement they need to succeed. This sugar-free challenge is designed to help your group achieve its goals.



## WHAT'S INCLUDED

- Sweet Escape Challenge Guide with Recipes
- Daily Email Motivation and Tools
- Access to the Private WhatsApp Chat
- The Food Feeling Finance Journal
- Hidden Sugar Naming List
- Tips, Tricks, and Trackers

## TESTIMONIAL

"I'm doing really good, 60 days strong! It hasn't been perfect, but it's been great for my health and well-being! I'm 15 lbs down and counting."

-Cohort 1 Participant

## PROGRAM OBJECTIVES

**Break Sugar Addiction:** Help participants overcome their dependence on sugar by providing the tools, support, and resources they need to reduce and, eventually, eliminate sugar from their diets.

**Create a Supportive Community:** Foster a sense of belonging and camaraderie among participants by providing a platform where they can connect, share experiences, offer encouragement, and hold each other accountable throughout their sugar-free journey.

**Promote Healthier Lifestyle Choices:** Encourage participants to adopt healthier eating habits and lifestyle choices by providing access to nutritious recipes, expert guidance, and personalized support, ultimately leading to improved overall health and well-being.

LEAD A SWEET ESCAPE **FOR YOUR COMMUNITY**