

BREAK up to make up



action guide

DAY 3

Have you found yourself mindlessly eating sugary foods lately? You're not alone. In times of high stress and anxiety, sugar is one of the first things we reach for.

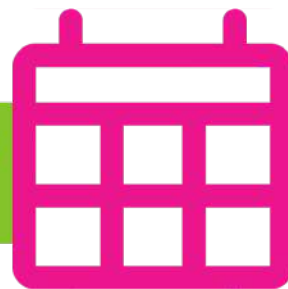
We all know sugar is detrimental to our overall health and our waistline. But did you also know that sugar damages our immune system? Even more reason we need to be vigilant right now during the corona crisis. Before you panic, don't worry, I'm not saying you need to give up all your favorite sugary treats. Today we'll learn how to manage our sugar cravings and enjoy a favorite treat in moderation.

Identify what foods (with sugar) that you have been consuming lately. (Be honest!)

5 Ways to Keep Sugar Cravings in Check:

- 1.
- 2.
- 3.
- 4.
- 5.

**[CLICK HERE NOW](#) to reserve your spot
for Stop The Madness Masterclass**



CONNECT^{to}
CONQUER
5-DAY CHALLENGE 1

DAY 3 - ACTION STEPS

To get the most out of this Connect to Conquer Challenge, be sure to:

1. COMPLETE THIS ACTION GUIDE.

Go ahead and complete the first question above by identifying the sugary foods you have been consuming. Then be sure to bring this to the training.



2. POST SOME OF THE SUGARY TEMPTATION FOODS YOU HAVE BEEN CONSUMING LATELY.

Trust me, you're in good company! It will relieve you to see others share this as well. We're all in this together. And we'll conquer this together!

3. JOIN ME ON FB LIVE AT 6:30 PM CST / 4:30 PM PST / 7:30 PM EST (OR CATCH THE REPLAY).

It all happens in our [Kelly's Healthy Weight Loss Challenge Facebook Group](#).

4. CELEBRATE YOUR PROGRESS WITH THE [CONNECT TO CONQUER SCORECARD](#)

I know the power of accountability (and prizes!) in helping you achieve your goals. That's why I created a colorful scorecard for you to track your progress. Grab it here, print it out, and give yourself some love as you check off each task you complete. We'll raffle off some great prizes at the end of our time together!.Good luck!