



WOOP WOOP - welcome to the Challenge!

Well done for choosing to Beat the Sweet...

I hope your ready to enter this festive season with renewed energy, a happier belly and feeling a whole lot more empowered! This 21 day sugar challenge is an amazing place to see real results both inside and out.

#### How to get started :

- **Download and save eBook** to your computer and devices – you have a limit of number of downloads so so make sure it is saved on your devices!
- Read eBook and decide if your doing **basic or advance level and let us know in the coaching group.**
- Print out 21 day journal (found in Resource section of eBook) and do the **mini self assessment.**
- **ACTIVATE the email coaching course** – this is where I will guide you through the 21 days, send you coaching videos, shopping list and help keep you on track.

>>>>> [ACTIVATE Beat the Sweet HERE](#)

#### Top tips:

- Once you activate the course then the challenge will start the next day so make sure you activate it at a time that suits you.
- Read the eBook before you do anything – this will make sense of everything!
- Go at your own pace!

**Got questions?** Ask anything over on my [Facebook page](#) or email [info@supernaturallyhealthy.org](mailto:info@supernaturallyhealthy.org) with any customer service questions

**Are you ready?**