

# 5 DAY *Sugar* CHALLENGE

WELCOME LETTER





# Hey, friend!

Thanks so much for signing up for the 5-Day Sugar Reset Challenge!

I'm so excited to be on this journey with you.

It is time to take control over your health and self-esteem –  
Sugar is not the boss of you!

Change is always possible. Sometimes, all it takes is a simple Reset.

## TO GET STARTED:

CLICK TO DOWNLOAD MATERIALS

[Download the Challenge Guide](#)

[Download the Challenge Journal](#)

CLICK TO JOIN THE FACEBOOK GROUP

Women Entrepreneurs Health & Nutrition Community

<https://www.facebook.com/groups/707342530028680>

Take a deep breath. No matter how busy you are, you can do this. I have made this program simple for you.

Contact me for your 20 minute Coaching Session or if you have questions at any time.

[Peggy@healthcoachmt.com](mailto:Peggy@healthcoachmt.com)

Please consult your doctor before starting your program. I am not here to diagnose, cure or treat you. I am a holistic health coach and my job is to educate and empower you.

Whenever I find myself eating more chocolate chip cookies or snacking on a peanut butter & jelly sandwiches, I know it's time for a





reset. Within 2-3 days of replacing sugar treats with healthy snacks and activities, I am not craving it anymore.

I also gain and lose a couple pounds easily, so this reset helps me with my weight as well. My head clears, my energy improves and I simply feel more confident and in control of myself.

Lots of love,  
Coach Peggy